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ALISON BRIE FINDS THE BEST WAY TO BE BLUNT

ACTRESS 'STALKS' EMILY BLUNT FOR
THE ROLE OF HER SISTER

PAGE 24



OTTAWA

metro®



WEEKEND, April 20-22, 2012



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BACK TO CLASH

A Gatineau police officer speaks into his radio and holds up his baton as students protesting tuition hikes try to get into the Université du Québec en Outaouais. Protests, which have been mostly peaceful all week at the school, took a violent turn yesterday. Story, page 4.

JESSICA SMITH/METRO

Spare some attention?

Undercover. Ignoring
this panhandler could
cost you



JOE
LOFARO

joe.lofaro@metronews.ca

A three-day undercover operation by Ottawa police has led to 97 tickets being issued to motorists who were caught talking or texting behind the wheel.

A cop dressed as a panhandler stood near Bank Street and Chamberlain Avenue, Tuesday through Thursday, for about three hours at a time, to catch distracted drivers.

Police said the officer was holding a sign saying, "I am Cst. — of the Ottawa Police Service. If you are talking on your hand-held cellphone then you are about to get a ticket."

At the end of the operation,

police handed out 240 tickets for Highway Traffic Act infractions.

In addition to the 97 tickets for distracted driving, police ticketed 18 people for seatbelt infractions and 125 people for other provincial offences, including equipment issues and child restraints.

Regular traffic offences come with a \$110 fine while distracted drivers were fined \$155.

Police spokesman Const. Marc Soucy said the operation was successful and Ottawa police may try it again.

"I still see drivers on my way to work or from work talking on their cellphones," said Soucy, adding that this week he saw someone shaving while driving on the Queensway.



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Baseball boosters make charity pitch to Ottawa businesses

AA baseball bid.

Group touts charitable season-ticket deposits, only there's no team in town yet



JOE LOFARO

joe.lofaro@metronews.ca

Lobby group Champions for Ottawa Baseball announced a new campaign to get kids' charities and local firms involved in bringing AA baseball to the city.

From now until May 11, small and medium-sized businesses can make a re-

fundable deposit on youth season tickets that the group says will be donated to charitable organizations such as United Way and Big Brothers Big Sisters Ottawa — once a team is established in Ottawa.

Champions founder David Gourlay said the campaign will show how serious the city is about having a Toronto Blue Jays affiliate team play at the Ottawa Stadium. Last month, Gourlay launched a ticket drive to promote the effort and show the Toronto Blue Jays that Ottawa really wants an affiliate team here.

"The announcement

we're doing today is really about the kids," Gourlay said on Thursday.

"It's really to ensure they have a voice. We want to make sure kids from different organizations that are represented by the charitable sector have a voice and they enjoy games next year."

Tamarack Developments, McLarty & Co., Capital Dodge, BFI Canada Inc. and Sonshine Auto Parts are among the first business to commit to the campaign, and more are on the way, Gourlay said.

He said he has collected almost half of the 2,500 ticket deposits for the drive.



Councillors Steve Desroches and Allan Hubley watch as Mayor Jim Watson takes a turn at bat. The city wants to attract an AA team. JOE LOFARO/METRO



Capital city rrrapper rrrolls up the rrrim, rrrevs away with new wheels

Ottawa rapper Peter Joynt of "Capacity" fame got to drive home a new 2012 Toyota Camry hybrid on Thursday and all he had to do was order a cup of joe. Joynt took one of the grand prizes in Tim Hortons' ongoing Roll Up the Rim contest after he bought a coffee at a local gas station at the beginning of March. "It's the best \$1.60 I've ever spent," Joynt said before receiving the car at a Tim Hortons in Kanata. Staff congratulated him and handed him a key and two licence plates marked "RRROLLUP." JOE LOFARO/METRO



NEWS

On the web

Best. Prom. Ever.

Nevermind a text that meekly asks "will u go 2 prom w/me?" Today's high-schoolers are taking a cue from elaborately staged wedding proposals, inviting each other to the prom with flash mobs, scavenger hunts, homemade music videos and even airplane banners flying over the beach. Full story and videos at metronews.ca

Up a tree

Armed with blind naïveté and supreme determination, a rookie carpenter living out of his car set out to build his first "house." Joel Allen's dream treehouse deep in a B.C. forest (and built with no electrical power) is being threatened. Watch at metronews.ca

Mobile news



Good news for New York bats: Researchers have found brown-bat populations are rebounding after millions were killed by the deadly white-nose syndrome. Scan the code for the story

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A protester sits bloodied after a clash with Gatineau police at the Université du Québec en Outaouais.
JESSICA SMITH/METRO

Student protest turns violent

Criminal mischief.

Police break out batons and pepper spray as protesters force their way into post-secondary school buildings in Gatineau

 JESSICA SMITH
jessica.smith@metronews.ca

Protests at the Université du Québec en Outaouais escalated Thursday as Gatineau students were joined by hundreds of reinforcements from Montreal.

Police charged 148 protesters with criminal mischief for breaking into the UQO Pavilion and Lucien-Brault building and allegedly painting and damaging the walls. They were released with conditions, police said.

Police estimated 400 people protested, 200 of whom bused in from Montreal.

The students, who were ordered by a court to stay out of school buildings, entered the school from a small side door as QPP riot officers guarded the campus's main entrance.

Prior to getting inside the school the students clashed with police four times at the doors of two UQO campuses in Gatineau over the course of the morning.

Three protesters were arrested and charged with

causing a disturbance and obstructing police when they forced their way into the Alexandre-Taché campus.

Two protesters were injured in a melee with baton-wielding police at the Lucien-Brault campus. One demonstrator sat with blood dripping down his face, giving the peace sign to the crowd before he was taken away in an ambulance.

Police Chief Mario Havel said the injuries were caused when protesters charged on police.

"They were going to do everything in their power to make the university stop giving their classes," he said. "Police officers had to take some measures to protect themselves and the university."

For most of the day, the protests were peaceful, with students marching through Gatineau, chanting, dancing and singing as many of the people they passed by cheered them on.

Thursday's protests came after more than 160 people were arrested in protests at the school Wednesday.

The students are protesting a proposal by the Quebec provincial government to hike post-secondary tuition fees by \$325 annually over the next five years.

Protests have been going on in Gatineau all week, with a group of students barricading themselves inside the school Monday and staging sit-ins and marches on Tuesday and

Wednesday. A Quebec court imposed an injunction on the protesters barring them from the interior of the school's buildings after students voted to strike.

University responds

Problems blamed on outsiders

Université du Québec en Outaouais chief Jean Vaillancourt announced classes will be cancelled Friday — and he blamed protesters from out of town for Thursday's trouble.

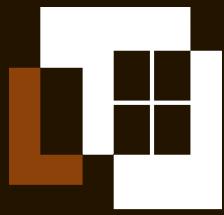
"Today we witnessed many acts of vandalism and violence, on and off campus," Vaillancourt said.

The school is bound by a Superior Court injunction to do everything possible to hold classes in a safe environment, but it became impossible after Thursday's protest, he said.

"People from off campus came — it was just too much," he said, referring to busloads of protesters from the Montreal area.

Police were unable to say how many of the 148 protesters charged with mischief Thursday afternoon were from Gatineau.

JESSICA SMITH/METRO



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Sensanity: Anatomy of a fan shrine

When the Ottawa Senators make the playoffs, Ottawa resident Kathy Rae starts building her shrine.

"I'm not sure how it started. I always got collector pucks, but then I became a little more obsessed," she says. "I raid my sons' bedrooms for stuff."

The bits and pieces making up the shrine have become more numerous and elaborate over the years. So what's her recipe for fan-shrine Sensanity? Check out the diagram.

SEAN MCKIBBON
sean.mckibbon@metronews.ca



Snowman

A Sens snowman. We're in Canada, after all.

Pucks

Playoff pucks — one from this year; one from last run — and a mini Sens jersey.

Spezza

A pic of Jason Spezza in the centre on the mantle (lots of pun intended).

Alfie

A pic of Daniel Alfredsson (the god of Sens Nation) above the fireplace.

Lundqvist

A pic of Henrik Lundqvist on a stick, with the word "OWNED" on his forehead for good measure.

Mini-sticks and the works

Some mini-sticks (from the All-Star Game and Alfie's 1,000th game, plus a goalie stick), foam fingers and pom-poms.

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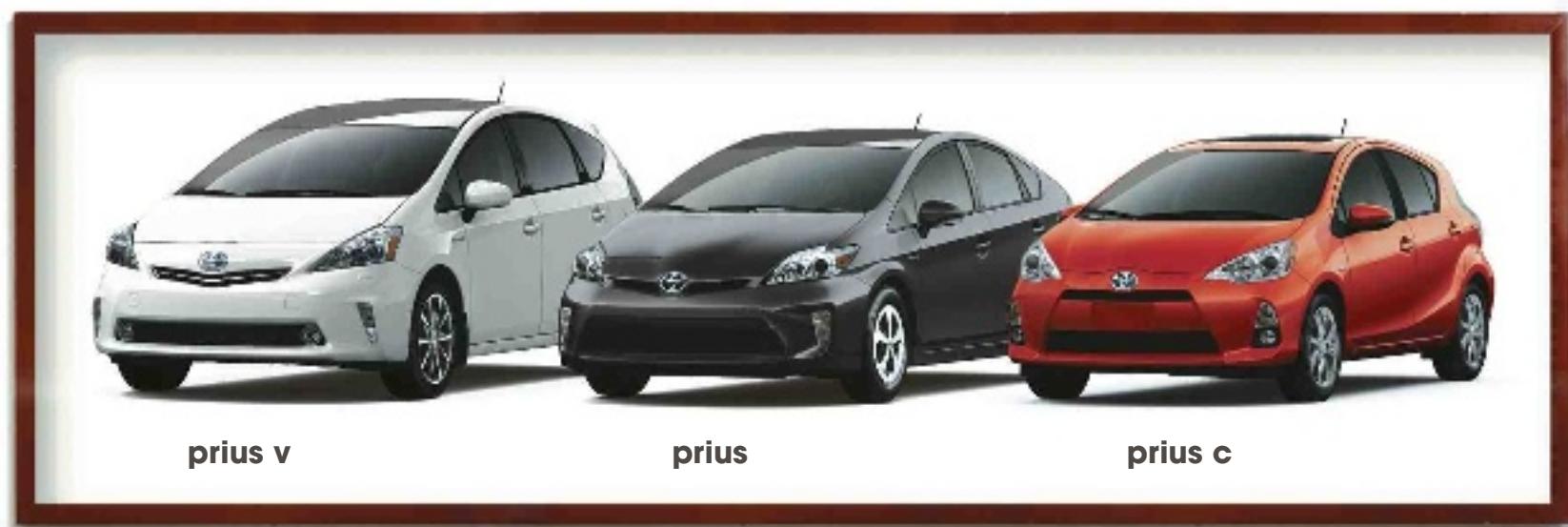
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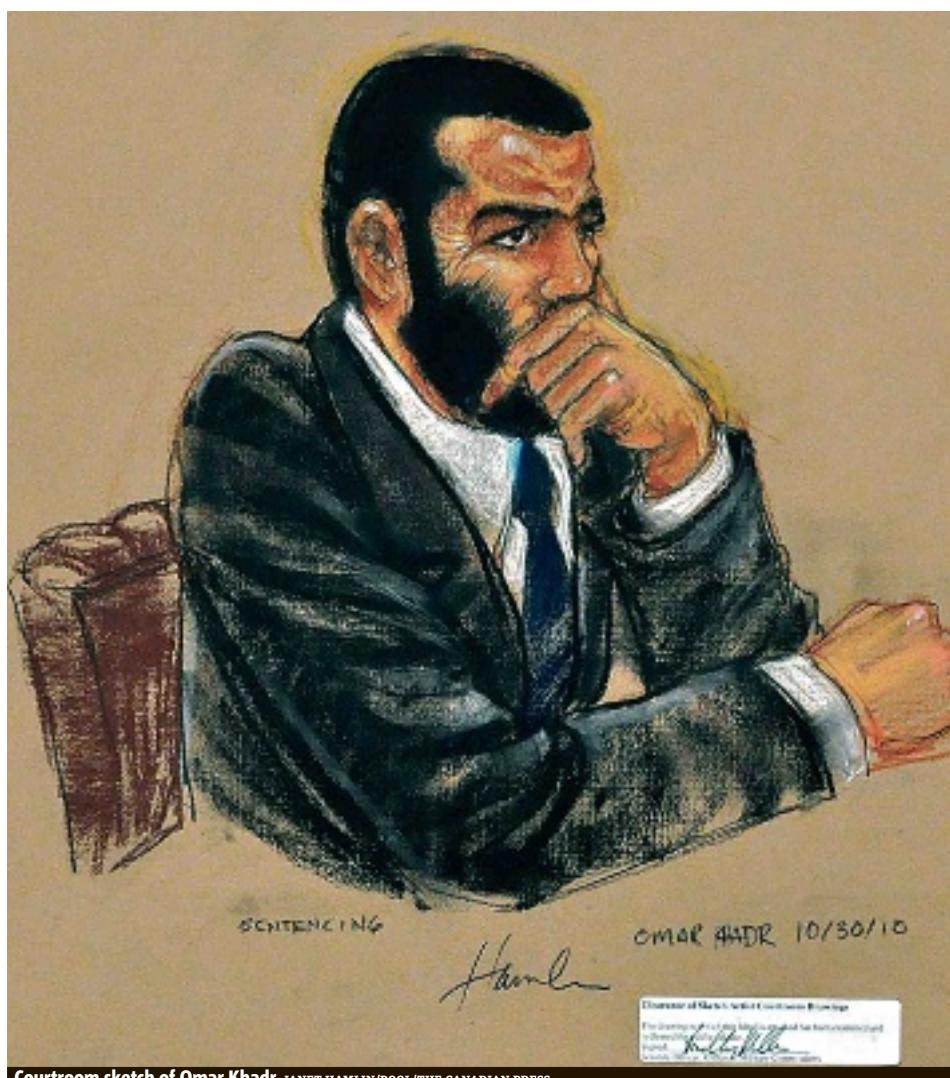
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WEEKEND, April 20-22, 2012



Courtroom sketch of Omar Khadr. JANET HAMLIN/POOL/THE CANADIAN PRESS

Activist calls anger over Khadr return 'Tea Party rhetoric'

'Scapegoating'

Decision to have Guantanamo Bay prisoner finish sentence in Canada leaving people divided



GRAHAM
LANKTREE

graham.lanktree@metronews.ca

Online antipathy to Guantanamo Bay prisoner Omar Khadr returning to Canada to serve out his sentence this spring has Canadian human-rights activists worried.

"The scapegoating of Khadr reminds me very much of the internment of the Japanese during the Second World War," said Janice Williamson, a professor at the University of Alberta whose book *Omar Khadr, Oh Canada* is being released in May.

"He was effectively tortured, and I think he's been mistreated all the way

along," she said, "and it partially has to do with the hardening of politics here in Canada."

"I think it's important for Canadians to speak out and challenge the kind of Tea Party rhetoric that he can't be rehabilitated."

Khadr was arrested in 2002, when he was 15, during a fight with American troops in Afghanistan.

During the CBC show *Power & Politics* on Wednesday evening, many viewers weighed in on the CBC website about his return.

"Why am I not surprised that the people on this site support terrorism against their own people," said Facebook user Gary Payne.

"He should be sent to Pakistan with his entire family!"

A poll on the site also showed respondents strongly divided on the issue.

This doesn't sit well with Amir Atteran, a human-rights advocate and associate Professor in the faculties of law and medicine at the University of Ottawa.

By the numbers

15

Age of Omar Khadr when he was arrested in 2002 after getting into an altercation with American troops in Afghanistan.

"The reality is that he is a Canadian citizen first and that Canada already agreed to his repatriation in 2010," Atteran said.

"If you don't feel that way, you should try living in a place that does not have the rule of law."

Atteran notes that at one time Guantanamo contained 700 prisoners and now holds 200.

"More than 500 people were released, and I don't see the sky falling," he said.

In all stages of Khadr's 10-year detention at the infamous prison, the Canadian government has let him down, Atteran said. He added that Khadr is "likely to go to court and sue the government for damages and win."

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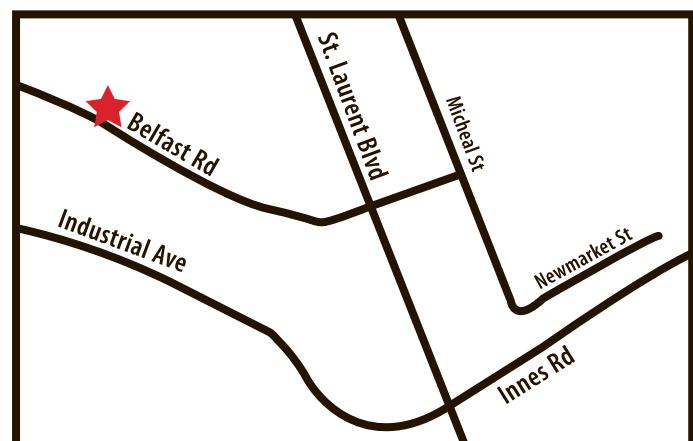
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Kingston Pen to shut doors after 177 years

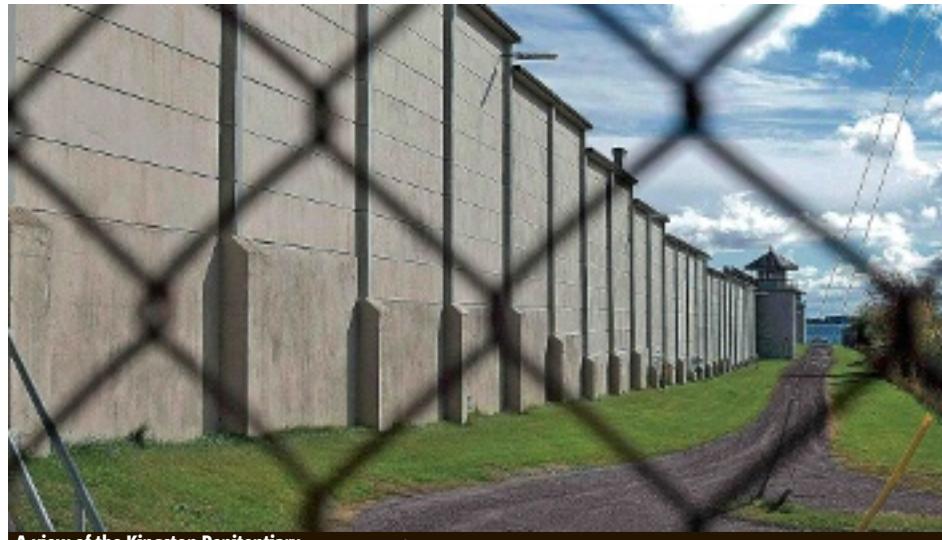
Strained system.

Closure will add pressure to Ontario jail system: Correctional Services minister

Ontario is blasting a federal plan to close down two prisons, including one in Kingston, even though the province is itself shutting down several jails to save money.

Correctional Services Minister Madeleine Meilleur said Thursday she wasn't happy about the announcement, saying the closure of the Kingston prison that holds killers Paul Bernardo and Russell Williams would put more strain on the provincial system.

"We're already housing some of their inmates because they don't have space in their federal penitentiary and now they're closing one of their larger ones, so I don't understand their decision," she said.



A view of the Kingston Penitentiary. LARS HAGBERG/THE CANADIAN PRESS FILE

The government will close Kingston Penitentiary, the country's oldest penal institution, as well as the Leclerc prison near Montreal as part of a cost-cutting effort.

The iconic Kingston prison, a national historic site whose turreted limestone

walls are a waterfront landmark, dates back to 1835.

Public Safety Minister Vic Toews said the closures will save \$120 million a year as the inmates are shifted to more modern prisons.

"Moving these offenders to other facilities will in-

crease safety and security and ensure the best use of hard-working Canadians' tax dollars," he said.

"Institutions built in the 19th century are not appropriate for managing a 21st-century inmate population."

THE CANADIAN PRESS

The poll

The web-based survey received results from 1,000 house and condo owners.

- Men were more willing than women to bid as much as 120 per cent of the listing price.

- Just one in five women said they would bid 120 per cent of the asking price, compared with one in three men.

price.

Those surveyed in Quebec and Atlantic Canada were the least likely to participate in a home bidding war.

A survey of this type is considered accurate within 3.1 percentage points, 19 times out of 20 — although regional breakdowns are less accurate.

The survey was conducted March 19 to March 22.

THE CANADIAN PRESS

Survey: Most Canadian homeowners would walk away from bidding war

A new Canadian survey reports that one-quarter of those polled would willingly get into a bidding war when buying a home.

The web-based survey of 1,000 house and condo owners was conducted last month by Leger Marketing for BMO Bank of Montreal.

It found that 75 per cent of respondents said they would walk away from a bidding war on a home they wanted to buy.

But about half of those willing to bid against other buyers said they'd pay as much as 10 per cent above the list price.

A small percentage said they'd pay as much as 20 per cent above list price when bidding for a home.

Only one in five women said they'd bid 120 per cent of asking price.

By comparison, about one in three men (34 per cent) said they would bid 120 per cent of the asking price.

Respondents in Ontario, Manitoba and Saskatchewan were the most likely to agree to pay above asking



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Miami Air + 3 Nights
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INCLUDES Miami Beach accom. Departs May 5/ggv/12

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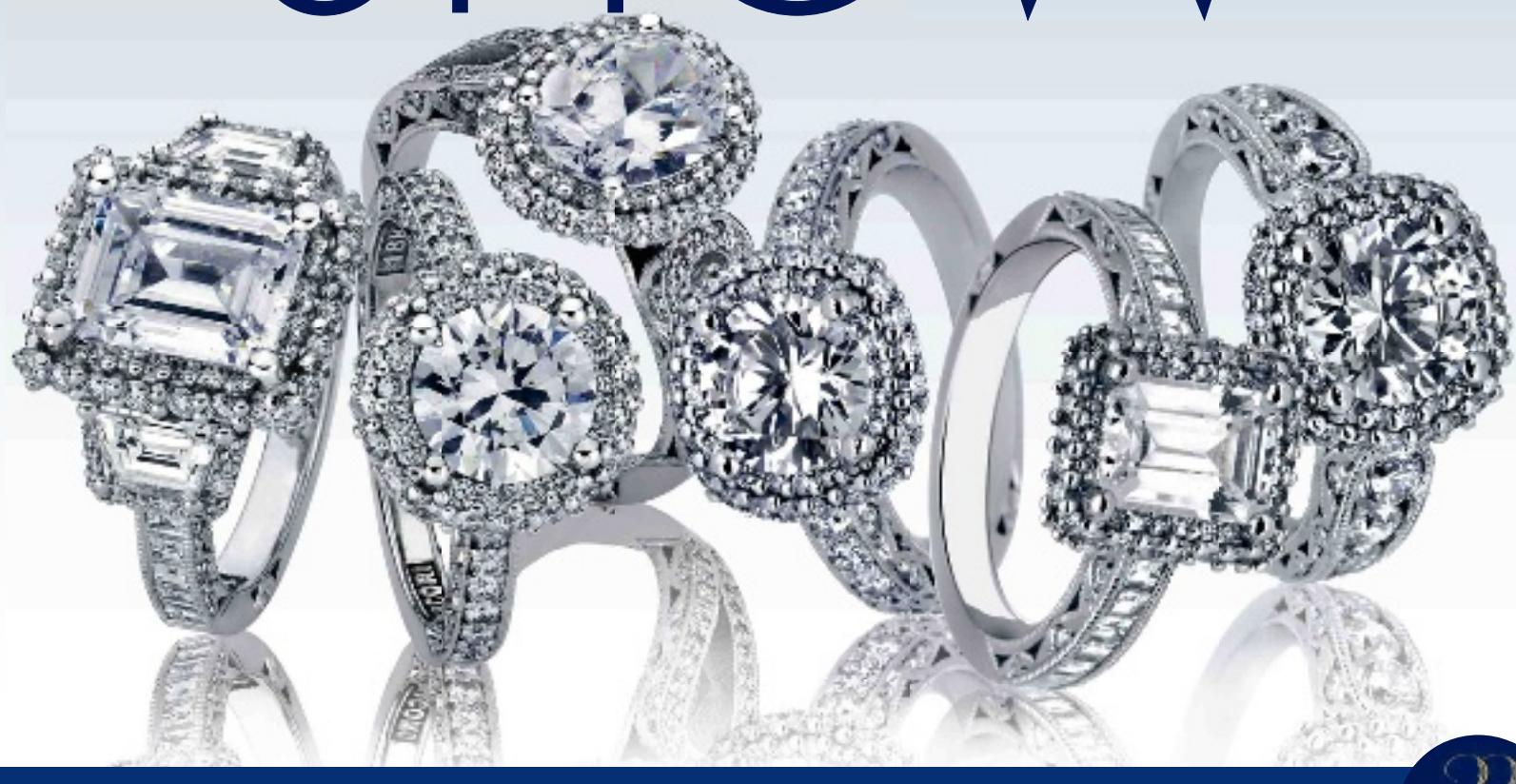


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OTTAWA'S PLATINUM
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Cell records appear to trace where Rafferty allegedly brought Tori

Warning. Graphic details from this court case may disturb some readers

Cellphone records for the man accused of killing Victoria Staford show he appeared to trace a route from Woodstock, Ont., to Mount Forest, Ont., and back on April 8, 2009 — the same route the Crown alleges he took to abduct and kill the eight-year-old, court heard Thursday.

A call was made on Michael Rafferty's phone to his own number, a way of checking voicemail, at 7:47 p.m. that night and the call was routed through a tower near Mount Forest, his trial was told.

That call was the key to police finding Tori's remains more than three months later, court has heard. Police had been scouring a wide area just to the south of the Mount Forest area, but the discovery in



Michael Rafferty THE CANADIAN PRESS

July 2009 of the record of that call pointed them a bit further north.

The Crown alleges that Rafferty and then-girlfriend Terri-Lynne McClintic kidnapped Tori outside her school in Woodstock at 3:32 p.m., drove east to Guelph, Ont., where Rafferty stopped to buy Percocets from an ex-girlfriend and McClintic bought a hammer and garbage bags at a Home

Depot. She can be seen on surveillance video entering the store shortly after 5 p.m.

From there Rafferty drove north through the town of Fergus, Ont., pulling off a side road onto a laneway that led him into a secluded farmer's field southeast of Mount Forest, the Crown alleges.

It was there that Rafferty allegedly raped the girl, court was told. McClintic, who is already serving a life sentence after pleading guilty to first-degree murder, testified that she then killed Tori with the hammer.

Rafferty's BlackBerry saw a flurry of activity April 8, as it did most days, court has heard.

On the day Tori disappeared, he sent and received dozens of text messages from morning to night and exchanged dozens of notes with one woman on BlackBerry messenger, records show.

Rafferty, 31, has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping in Tori's death. **THE CANADIAN PRESS**



Icebergs abound off coast

Sightseers line the shore as two icebergs sit grounded near St. John's on Wednesday. **KEITH GOSSE/ST. JOHN'S TELEGRAM/THE CANADIAN PRESS**

Standoff

Armed man arrested inside Iqaluit hospital

A man has been arrested and is undergoing a mental-health assessment following a brief standoff with police in a hospital waiting room in Iqaluit.

Police said the man carrying a rifle entered the Qikiqtani General Hospital shortly after noon Thursday.

"It's hard to tell right now exactly what the motive was," said RCMP Sgt. Kevin Lewis. "I don't really know what his demands were."

One wing of the 35-bed hospital was evacuated. A police negotiator was able to defuse the situation peacefully, Lewis said. There was no indication the man was drunk or on drugs.

"It was strictly a mental-health issue with him," said Lewis. "He was up and down. Sometimes he was angry, sometimes he was sad." After a brief spell in custody, the 23-year-old man was been taken back.

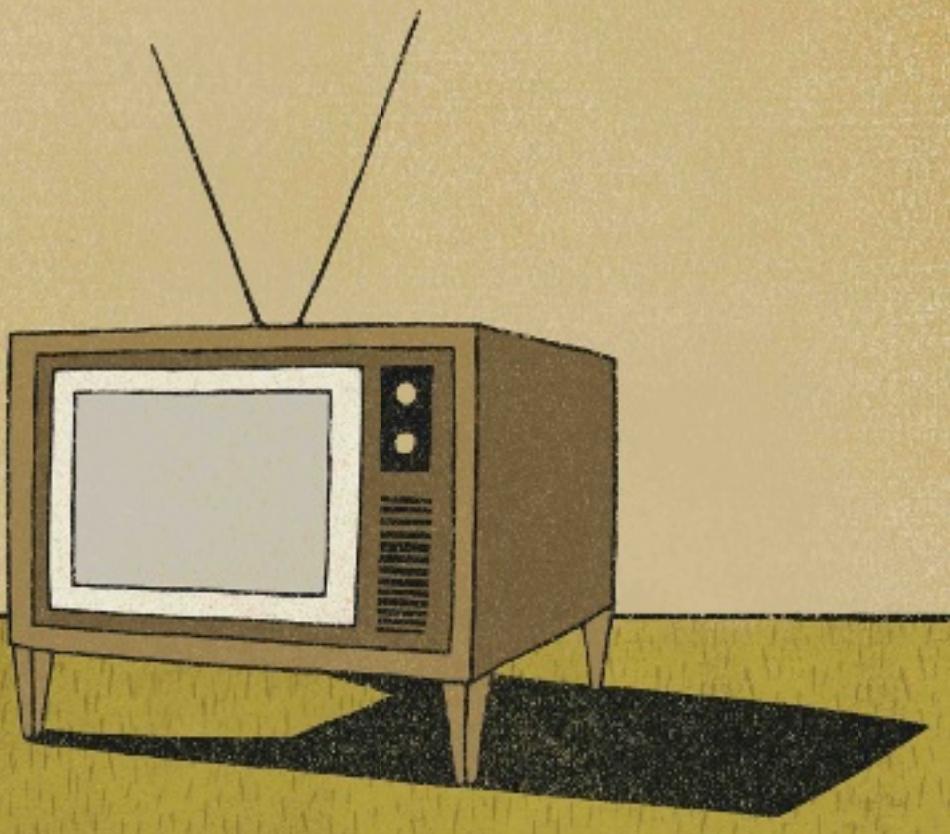
"We were thinking, 'Can we really bring him back to the hospital?'" said Lewis. "But that's where he has to go." **THE CANADIAN PRESS**

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Capital murder charge may carry death sentence

Fatal shooting. Verna McClain is accused of shooting 28-year-old Kala Golden in the parking lot of a pediatric clinic

A nurse accused of fatally shooting a new mother and speeding away with the dying woman's infant son in suburban Houston quietly told a judge Thursday that she understood she was facing capital murder charges.

Verna McClain, who investigators said recently suffered a miscarriage and was desperate to find a child, looked down and spoke softly during the brief court appearance. Her bond hearing was delayed until Monday, though the 30-year-old mother of three will remain jailed until then.

McClain is accused of shooting 28-year-old Kala Golden in the parking lot of a suburban Houston pediatric clinic on Tuesday and snatching Golden's 3-day-old son.



Attorney Steve Jackson talks to Verna McClain during a court appearance Thursday. DAVID J. PHILLIP/THE ASSOCIATED PRESS

The infant was found safe hours later with McClain's sister, who told investigators that McClain planned to adopt the boy.

Handcuffed and wearing a pink and white striped prison uniform, McClain told the judge that she understood the charges against her. The judge delayed McClain's bond hearing to give her court-ap-

pointed attorneys more time to work on the case.

The capital murder charge carries a potential death sentence.

Authorities said McClain was so desperate to find a child that she went exactly where she knew she could find one: The pediatric clinic where she had taken her three children for checkups.

But when McClain went to the clinic this week, her choice of which child — and mother — to target appeared to have been random.

"There is nothing to indicate this was anything beyond planning further than going to the clinic," Capt. Bruce Zenor of the Montgomery County sheriff's office said.

THE ASSOCIATED PRESS

Mass murder in Norway. Killer also had gruesome plans for prime minister

Confessed mass killer Anders Behring Breivik testified Thursday that he had planned to capture and decapitate former Norwegian prime minister Gro Harlem Brundtland during his shooting massacre on Utoya island.

Breivik said his plan was to film the beheading and post the video on the Internet. Brundtland had already left the Labor Party's youth camp on Utoya when Breivik arrived on July 22, after setting off a bomb in Oslo that killed eight people.

Sixty-nine people, mostly teenagers, were killed on Utoya, where nearly 600 members of the Labour Party's youth wing had gathered for their annual summer retreat.

"The plan was to behead Gro Harlem Brundtland while it was being filmed," Breivik told the court.

The far-right fanatic said he was inspired by al-Qaida's use of decapitation but noted that "beheading is a traditional European death penalty."

"It was meant to be used as a very powerful psychological weapon," he said.

Breivik also testified that



Anders Behring Breivik
ERLAND AAS/THE ASSOCIATED PRESS

he had prepared for his attacks by cutting off contact with the outside world and devoting himself to two computer games — "Modern Warfare" and "World of Warcraft," playing the second one for 16 hours a day.

Brundtland was prime minister for the Labor Party for 10 years. She later headed the World Health Organization.

"Gro Harlem Brundtland has no comment on the information provided by Breivik, nor the court case in general," her adviser Jon Moerland told The Associated Press.

THE ASSOCIATED PRESS

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Secret Service Chairman predicts more firings amid prostitution scandal

A top lawmaker briefed on the investigation into a Secret Service prostitution scandal predicted more firings would follow the forced ouster of three agency employees.

"I wouldn't be surprised if you saw more dismissals and more being forced out sooner rather than later," Rep. Peter King, a Republican, said Thursday. King is being updated on the investigation by Secret Service director Mark Sullivan.

The Secret Service is moving quickly to quell the scandal that erupted last week, when at least some of the 11 agency employees implicated in the incident brought prostitutes back to their hotel in Cartagena, Colombia, where they were setting up security for a visit by President Barack Obama.

So far, three people have lost their jobs; One supervisor was allowed to retire, and another will be fired for cause. A third employee, who was not a supervisor, has resigned.

The two supervisors are in the agency's uniformed division; one is a sergeant, according to a person familiar with Secret Service operations and refused to be identified because he was not authorized to discuss the matter.

Investigation

- Hotel workers told Secret Service investigators they found no drugs or drug paraphernalia in the rooms where the agents stayed, according to a person familiar with the investigation. The person was not authorized to discuss the probe publicly and spoke only on condition of anonymity.
- Sen. Chuck Grassley, the senior Republican on the Senate judiciary committee, said news of the three agents leaving the Secret Service was a positive development.

Afghans call for quick international exit over gruesome photos

Military. U.S. soldiers posing with corpses is the latest embarrassment jeopardizing relations between two countries

Afghan President Hamid Karzai condemned photographs of U.S. soldiers posing with the bloodied remains of three suicide bombers as "disgusting" and said Thursday that only a quicker exit of international forces can prevent such missteps.

Karzai joined top American officials in denouncing the two-year-old photos, the latest in a string of embarrassing controversies that have jeopardized relations between the two countries in the midst of negotiations over the withdrawal of foreign troops.

He also warned that "similar incidents of an odious nature" in the past sparked angry reactions from Afghans, including violent protests that left dozens dead, although there was no im-



Afghan President Hamid Karzai, centre, said Thursday that his government is "taking a magnifying glass" to proposals for the country's strategic partnership deal with the United States and scrutinizing every detail.

MUSADEQ SADEQ/THE ASSOCIATED PRESS

mediate sign of a popular backlash.

One photo shows members of the 82nd Airborne Division posing in 2010 with Afghan police holding the severed legs of a suicide bomber. The same platoon a few months later was sent to investigate the remains of three insurgents reported to have accidentally blown themselves up — and soldiers again

posed and mugged for a photo with the remains.

A photo from the second incident appears to show the hand of a dead insurgent resting on a U.S. soldier's shoulder.

"The only way to put an end to such painful experiences is through an accelerated and full transition of security responsibilities to Afghan forces," Karzai said. THE ASSOCIATED PRESS

Allegations

Priest never investigated, jury hears

A Philadelphia priest described by prosecutors as a serial predator was never investigated after a seminarian's lurid 1992 complaint because the case "fell through the cracks."

That's what Monsignor William Lynn told a grand jury, according to testimony read Thursday in Lynn's child-endangerment trial.

Lynn, the longtime secretary for clergy for the Roman Catholic Archdiocese of Philadelphia, is also charged with conspiracy for his handling of priest-abuse complaints.

The seminarian has testified that the priest, Stanley Gana, had sex with him throughout high school, and that he reported it to Lynn in 1992.

Lynn told a 2002 grand jury that Gana was not sent for a psychiatric evaluation until a 1995 complaint because the earlier case "fell through the cracks" when Lynn changed jobs.

Gana wasn't defrocked until 2006.

THE ASSOCIATED PRESS

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It's not the missile we're worried about ...

A North Korean vehicle carrying a missile passes by during a mass military parade in Pyongyang's Kim Il Sung Square to celebrate the centenary of the birth of the late North Korean founder Kim Il Sung. The enormous, 16-wheel truck used to carry the missile likely came from China in a possible violation of UN sanctions meant to rein in Pyongyang's missile program. DAVID GUTTENFELDER/THE ASSOCIATED PRESS

India's missile launch suggests double standard

Nuclear. Response to test demonstrates acceptance of its nuclear program

India's successful test of a powerful new missile that can carry nuclear weapons to Beijing caused barely a ripple — even in China — just days after North Korea was globally vilified for a failed rocket launch.

The vastly different responses show the world has grown to accept India as a responsible and stable nuclear power, while shunning North Korea as a pariah.

"It's not the spear, but who holds the spear that matters," said Rahul Bedi, a defence analyst in India. "North Korea is a condemned nation. It's a pariah country. Its record of breaking nuclear agreements is well known. India has emerged in that sense as a fairly respon-



India announced the launch of its Agni-V missile Thursday. INDIAN MINISTRY OF DEFENSE/THE ASSOCIATED PRESS

tions for a quarter century.

But last decade, the U.S. removed the sanctions and ratified in 2008 a landmark deal to allow civilian nuclear trade that effectively accepted India as a nuclear nation.

India hailed its test of the Agni-V missile as a significant step forward in its aspirations to become a regional and world power.

"The nation stands tall today," Defence Minister A.K. Antony said, according to the Press Trust of India.

The missile, with a range of 5,000 kilometres, still requires a battery of tests and must clear other bureaucratic hurdles before it can be inducted into India's arsenal in a few years.

The condemnation of North Korea's rocket launch, on the other hand, was swift. The United States cancelled a plan to send food aid and the UN Security Council announced it would impose new sanctions.

THE ASSOCIATED PRESS



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Deadly bombings rock 10 cities in Iraq



Sectarian tensions.

At least 30 dead, 117 wounded as bombs and mortar shells break a temporary peace in politically divided nation

Bombs ripped through 10 Iraqi cities Thursday, killing at least 30 people and shattering a month of relative calm. Minority lawmakers decried the violence as a tragic but inevitable result of the Shiite-led government's attempts to dominate Iraqi politics.

Despite simmering sectarian tensions, a lull in deadly attacks since mid-March led many to hope Iraq had turned a corner and away from widespread violence. That proved overly optimistic as at least 14 bombs and mortar shells exploded across 10 cities over three hours in the morning. At least 117 people were wounded, police said.

"What crime have we committed? How long will such violence continue?" wailed a woman, who would identify herself only by her nickname of Um Ali, after watching a car explode outside an apartment building in western Bagh-

dad.

"This is security in Iraq," a man nearby muttered sarcastically as he inspected damage to his car.

Six of the bombings struck at security forces and government officials — frequent targets for insurgents.

In Baghdad alone, 12 people were killed, mostly in Shiite neighbourhoods. The other attacks hit northern Iraqi cities — from Samarra, where a 2006 mosque bombing touched off the worst of the insurgency, to the ethnically mixed city to Kirkuk, to Saddam Hussein's hometown of Tikrit.

There was no immediate claim of responsibility,

but Baghdad military command spokesman Col. Dhia al-Wakeel said they resembled those carried out by al-Qaida, the Sunni Muslim terror network.

Sunni and Kurdish lawmakers said the bombings likely were the result of a months-long political impasse that has all but paralyzed Iraq's government since the U.S. military withdrawal at the end of last year.

They said ongoing bickering over a stalled power-sharing agreement with Prime Minister Nouri al-Maliki, a Shiite, has opened the door to violence.

THE ASSOCIATED PRESS

New Spring Service

Effective Sunday, April 22

Route and schedule changes this spring will help address customer concerns and improve overall service reliability. Several routes will have new trips added to alleviate overcrowding and improve connections and reliability, while articulated buses will be assigned to some trips that are experiencing high ridership levels. As well, some routes will have seasonal reductions, while some will be modified to improve connections or reduce walking distances.

New timetables are available for all peak period and express routes as well as the following routes which have schedule changes: **1 through 116, 118, 120, 121, 122, 126, 127, 128, 129, 130, 131, 134, 143, 144, 147, 148, 149, 152, 156, 164 through 177 and the O-Train.**

Service Highlights

O-Train	Will be reduced to run every 30 minutes after 9 p.m. Monday to Saturday and all day on Sunday.
4, 111, 129	Will be reduced for the spring and summer to coincide with the end of the academic year.
5X	The two trips from the Ottawa Hospital Campus on Smyth will be adjusted to depart later in the afternoon.
16X	Will be modified to travel northbound from King Edward via Wilbrod, Friel, Laurier, Charlotte and Rideau Street to the Rideau Centre.
86	Will also have a new afternoon trip added between Lees Station and Rideau Street in both directions.
93	Some eastbound trips will end at Mackenzie King Station. Will be extended from Bayshore Station to Lincoln Fields Station seven days a week.
	Will be modified in Kanata North from a one-way loop to two-way service, with all trips starting or ending on Innovation Drive.
	Will be modified in Kanata North to travel from Teron via Carling and Schneider to Legget.

94	Service to Innovation Drive will also be improved since it will be served by all trips on Route 93. There will be five supplemental trips in the morning peak period from Eagleson Park & Ride that follow the new routing to Kanata North, replacing Route 169.
95	Will have a new weekday westbound trip departing Millennium Park & Ride at midnight and ending at Tunney's Pasture. A new weekday eastbound trip will leave Chapman Mills around 11:51 a.m.
96	Will operate more frequently in the morning peak period from Baseline Station to downtown.
129	Will have an additional westbound trip to Kanata in the afternoon rush hour departing from Gatineau.
134	Service to Stittsville will be improved with three additional trips between 5:30 and 7 p.m., and an additional late night trip.
143	Service hours to the Aviation Museum will be adjusted.
144	Will have a new round trip departing Place d'Orléans at about 10 p.m.
152	Will have a new eastbound trip departing Greenboro Station at 8:43 a.m.
164	Will have two new morning peak period trips, which will operate from Bank at Leitrim westbound through Findlay Creek and connect with Route 99 at Leitrim Park & Ride lot at approximately 6 a.m. and 6:30 a.m.
169	The first trip departing from Bridlepath and Albion at 6:45 a.m. will be cancelled due to low ridership.
	Will have improved late night service on Sundays. Three westbound trips, which currently end at Greenbank and Iris, will be extended to Bayshore.
	Will leave Hope Side Road about seven minutes earlier on the first morning weekday trip.
	Will be cancelled and replaced by NEW Route 181 to Herzberg and Carling, replacing 169X, and by modified Route 93 to Kanata North.

177 Will be extended in the morning peak period, *on a trial basis*, along the Transitway to Fallowfield Station for improved connections to other routes.

The current detour routing in Stonebridge via Cambrian, Greenbank and Kilbirnie will become permanent.

181 **NEW** - will operate one morning and afternoon peak period trip between Eagleson Park & Ride and Herzberg at Carling, replacing the current Route 169X.

201 Will be modified slightly from Perth Road to travel via Shea, Moore and Queenston to Huntley.

205 Will be modified to travel via the Transitway between Baseline and Lincoln Fields Stations, instead of Woodroffe, then via Carling to Carlingwood.

232 Will be rerouted as buses will no longer be able to operate in the gravel parking lot at the Carlsbad Springs Community Centre. From the community centre, buses will continue west along Eighth Line Road to Anderson and their regular route. Service will be removed from Russell Road and Leitrim.

Schools Special school trips on regular routes and the 600 series will be adjusted based on ridership levels. Some trips will be cancelled while others will be added.

For a complete list of routes and trips affected, visit our web site at octranspo.com.

Rack & Roll Returns

Rack & Roll returns once again this spring and runs until the fall on routes **12, 85, 94, 95, 96, 97, 99, 101, 106** and **118**.

Schedule Information

For the scheduled arrival times of your bus *up to six days in advance*, call **613-560-1000** or **text 560560** plus your four-digit bus stop number. New printed timetables are also now available.

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Bugs begone

Starbucks to stop using dye derived from beetles

Starbucks says it will stop using a red dye in its drinks that is derived from crushed bugs.

The Seattle-based coffee chain said Thursday that it made the decision to reformulate its drinks after feedback from consumers.

The company says it will swap out cochineal extract, which is made from the juice of a tiny beetle, and instead use lycopene, a tomato-based extract. Starbucks had used the coloring in its strawberry flavoured mixed drinks and some red-hued snack items.

The company says the items will be reformulated by the end of June.

THE ASSOCIATED PRESS

International asset

CPP board acquires half of Chilean toll-road operator

The Canada Pension Plan Investment Board is committing \$1.14 billion to acquire about half ownership in five major toll roads in Chile, part of its strategy of making long-term investments to support future benefit payments. The rest of the Chilean company will be owned by the Atlanta Group, an Italian toll company.

Grupo Costanera will be another addition to the fund manager's other infrastructure holdings, which were worth \$8.6 billion as of Dec. 31.

However, the Chilean investment will represent a very small portion of the \$152.8 billion of assets in the CPP Fund as of the end of last year.

THE CANADIAN PRESS

Market Minute



DOLLAR
100.48¢
(-0.4¢)

TSX
12,153.69 (+24.8)

OIL
\$102.27 US (-40¢)

GOLD
\$1,641.40 (+\$1.80)

Natural gas: \$1.907 (-4¢)
Dow Jones: 12,964.1 (-68.65)

Pipeline. New Keystone route would skirt aquifer

TransCanada has come up with a new route for the controversial Keystone XL pipeline, one that would skirt a crucial aquifer in Nebraska in an attempt to allay White House concerns about the environmental impact of the \$7 billion project.

Company officials un-

veiled the new route on Thursday in Nebraska, submitting it to state officials for review. The modified route would sweep around the state's environmentally fragile Sandhills region before joining up with the original proposed path of the pipeline.

THE CANADIAN PRESS

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Apple planning a smaller iPad?

Tech talk. Rumours of a forthcoming 'iPad Mini' persist after reports that Apple has ordered small screens from Samsung

There's a constantly spinning mill of rumours about Apple products, most of which turn out to be untrue. What's unusual this week is that talk has revived of a smaller iPad model, an idea company founder Steve Jobs derided before he died.

Apple and its suppliers aren't commenting. Rumours of a smaller iPad, or "iPad mini" have percolated ever since the first iPad was launched two years ago. This time around, they're fed by media reports from South Korea, China and Taiwan, saying Apple has ordered Samsung screens that are 7.86 inches measured on the diagonal. That would make for a screen about half the size of the current iPad.

A smaller tablet would help Apple further its lead in the tablet market. Apple has successfully fended off competitors who have tried to sell tablets in iPad's size range. But last year, Amazon.com figured out how to crack Apple's stranglehold on tablets by making a half-size, no-frills tablet. The result was the Kindle Fire, which sells for \$199 - basically, the cost of pro-

duction. Amazon has sold millions of them.

Apple sells the iPod Touch for \$199, but its screen is about a quarter of the size of the Kindle Fire — a big disadvantage for people who want to enjoy books, movies and games. It also sells the older iPad model for \$399. It has nothing in between.

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Apple sells the iPod Touch for \$199, but its screen is about a quarter of the size of the Kindle Fire — a big disadvantage for people who want to enjoy books, movies and games. It also sells the older iPad model for \$399. It has nothing in between.

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HOUSE OF TRUMP CARDS FALLS



THE LIST
Mike Benham
Metro

1 House of Trump cards. With regard to a glass window that fell from Toronto's new Trump Tower, Donald Jr. calmly stated, "If you know anything about construction, that kind of thing just happens." So, you see, folks, there's no reason to overreact. This man knows construction, and if he says that a large shard of glass falling 65 storeys onto one of the busiest streets in Toronto is no biggie, I, for one, feel better.

2 Sport of kings. The king of Spain's 13-year-old grandson has literally shot himself in the foot. Felipe Juan Froilan was spending "quality time" with dad and a 36-calibre shotgun when the accident occurred.

The eldest royal grandchild, well-known to Spanish media as just "Froilan," will henceforth be referred to as "Hijo del Tonto," or, in English, "Son of that really dumb guy."

3 Hello, goodbye. Tickets for this summer's Garth Brooks show at the Calgary Stampede sold out in 58 seconds. Fans were outraged to find that some of the 15,322 tickets were available on "scalper" sites.

The stampede's publicity manager, Jennifer Booth, says tickets were available only through online and phone services, with no pre-sales or fan-club purchases, and a limit of six per person, providing yet another example of a job that doesn't require math.

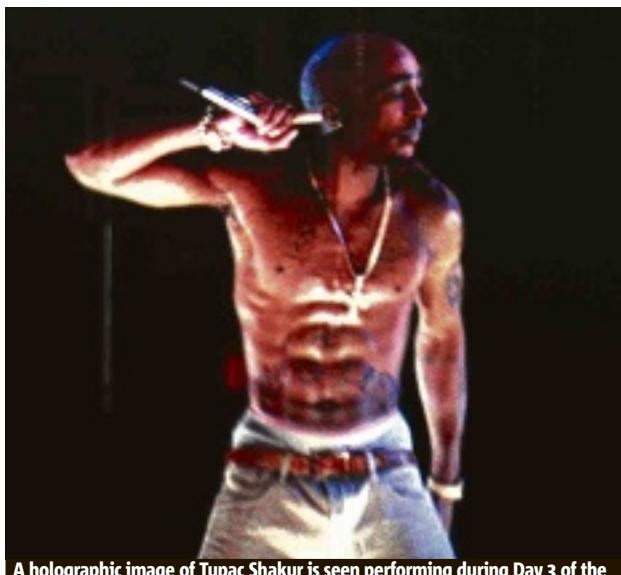
4 Surprise! No prize. The Pulitzers were awarded this week for the usual categories like history, biography and non-fiction, but for the first time in 35 years, there was no prize for fiction. The judges did not explain their decision, but I'm guessing it's because there's enough fiction in those other categories already.

5 Race relations. Mel Gibson is under fire once again for comments made on the set of his film about legendary Jewish hero, Judah Maccabee.

Gibson stated that he resents being reduced to the label of "anti-semitic" when he sees himself as a broader, equal-opportunity racist.

6 Live from the dead. Fans were surprised, and a little freaked out, when Tupac Shakur hit the stage at the Coachella Valley Music and Arts Festival last week. A digital-effects firm from California added mirrors to a CGI image of the late rap legend, creating the illusion that he was actually performing. Now, Snoop Dogg and Dr. Dre want to take him on tour. In fact, they prefer this Tupac: he incurs no travel costs or legal fees and he won't smoke any of their weed.

7 She's got talent. Canada's Got Talent judge, Measha Brueggergosman has released a new album on which she strays slightly from her operatic roots. Online sales of her last album dwindled slightly because, frankly, her name's too hard to spell, but I think she is gifted enough to join Madonna and Cher in the ranks of the mononymous. So join me in the campaign to rename one of our nation's treasures. Just "Measha." It works.



A holographic image of Tupac Shakur is seen performing during Day 3 of the 2012 Coachella Valley Music and Arts Festival at the Empire Polo Field on April 15 in Indio, Calif. KEVIN WINTER/GETTY IMAGES

Hanging on the edge (of a rock face)



ALEX MESSENGER/SOLENT NEWS & PHOTO AGENCY

Cliff hanger

This is life, up against a wall

MAKAPANGAT, SOUTH AFRICA. He's teetering on the edge of the cliff face, but British climber John Roberts is safe thanks to his trusty rope. This stunning image by seasoned climbing photographer Alex Messenger sees Roberts, 27, from Manchester, standing 100 metres above the African bush below.

METRO WORLD NEWS

Aerial shooter

"I try to convey the emotion of climbing in my shots and hope to make the viewer feel a little of what it's like to be up there."

Alex Messenger
Photographer that specializes in climbing

60 seconds



How did you manage to get stuck up there?

I was abseiling from the top of

this cliff face in Makapangat, a paleontological limestone site in South Africa where important prehistoric fossils of man have been discovered. I stopped about halfway down to pose for the camera.

In situations when you slip, should you try to cling onto the rock face?

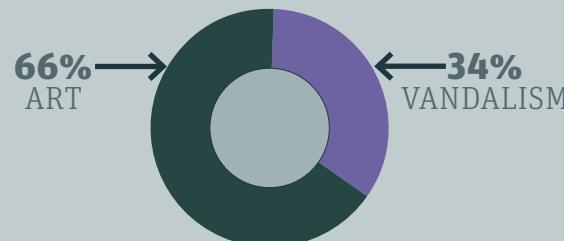
No. It's better if you just hang there for the moment and let the rope do the work for you.

ANTHONY JOHNSTON/MWN



Register at metropolitanpanel.ca and take the quick poll

Graffiti — art or vandalism?



@GabeD_ :
5 days til Bluesfest starts name dropping

@Mahomes94 :
Rest in peace, Levon Helm. They should never have taken the very best. #theweight

@alisonsykora :
Get it together, refs. #truthhurts
MT @adamjahns Joel Quenneville fined \$10,000 for criticizing the officials after Game 3. #Blackhawks

@spaveycracker :
Man, tough news about Levon Helm. My dad once met and hung out all night with him. Ramble on...

@Harjan_Singh :
24 hours in a day, 24 beers in a case. Problem?

@courtneyadam_ :
Much needed nap! Can't wait for pre-summer celebrations tonight :) #yay

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Avatar is one of many memorable films that pack an environmental punch. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



The green machine

Earth Day. The Reel Guys take a look at Hollywood's attempts to educate us about the environment

Richard: Mark, the Disney-nature docs are great movies, but I think I'll kick off our look at Earth Day with an animated movie that packs just as much punch as An Inconvenient Truth and is twice as entertaining. Wall-E is a Pixar movie about a garbage-collecting robot on Earth, a planet made unlivable by waste and pollution. It's a funny, poignant masterpiece and perfect for the whole family on April 22.

Mark: Wall-E is certainly a masterpiece. But what about

Avatar? There's a film with a strong environmental message. Of course, you can only wonder how big of a carbon footprint is made from a \$200 million movie. But the strangest irony, Richard, might be the two of us discussing environmentally friendly flicks when we spend most of our time in darkened rooms!

RC: That's the way I like it; inside looking out. I save a fortune on sun block as well. Continuing our theme, I thought of some good Earth Day thrillers. Everyone remembers Julia Roberts as Erin Brockovich, a legal assistant who uncovers some grave environmental wrongdoing, but how about Frogs? This eco-terror film is about frogs who get revenge on polluters. Or The Day After Tomorrow, Dennis Quaid's ode to climate change?

Synopsis

Each year on Earth Day DisneyNature does their part to increase awareness and build an appreciation of our planet's natural environment by releasing documentaries. This year, it's Chimpanzee. These spectacularly photographed movies show us the world in ways we have never seen before. This week the Reel Guys have a look at other movies that celebrate and comment on Earth Day.

MB: Now there's a movie serious environmentalists never bring up. Too exciting, I suppose. But what about the granddaddy of eco-catastrophe, The China Syndrome? Made in 1979, it's as relevant today on the anti-nuke issue as it was then. And it stars

Jane Fonda in her smokin'-hot-but-with-a-conscience period. Or Silkwood, also about nuclear contamination, starring Cher in her smokin'-hot-but-you'd-never-know-it-in-those-outfits period.

RC: You know another movie serious environmentalists don't ever watch? Bio-Dome. Back when people went to Paulie Shore movies he made this movie about an environmental experiment, predating Al Gore's global warming message by years. Could Shore be an Earth Day pioneer?

MB: Maybe! He's definitely a pioneer of the word "dude." But when you think about it, environmental themes are everywhere. Aren't zombie films really about sustainability? And aren't cannibal movies about the importance of eating fresh, and locally?

SCENE

Scene in brief

Ben Mulroney goes Live! again

Ben Mulroney is set to co-host Live! with Kelly again, this time south of the border. The CTV eTalk co-anchor will join Kelly Ripa on her syndicated morning talk show in New York City on May 4, a month after he shared the stage with her during a taping in Banff, Alta. CTV, which airs Live! with Kelly in Canada, says the Banff episode featuring Mulroney as co-host garnered the show's highest audience ever in Canada, with 685,000 viewers. The guest on the May 4 episode will be Canadian Castle star Nathan Fillion.

THE ASSOCIATED PRESS

On the web



Stung by past failures, Hollywood is slowly warming to China's new embrace



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Jason Statham. Actor gets tough with dinner plates in his new film

Not every actor can convincingly take out an enemy with a dinner plate, but British actor Jason Statham is a man of many talents. In his new film, *Safe*, he takes on New York City's Triads, Russian mafia and even corrupt cops. We talked to Statham about his life as an action hero.

Your movies are very physical. Do you have the same training routine for every film?

The fighting styles vary. They base it on what kind of skills the character has and how we can justify them. I suppose they always want to do something a bit different and it has to be a kind of spectacle in some way. This time it was picking up plates. I don't design the fights but I have my own say, if it's too ridiculous, although what is too ridiculous these days in action movies?

Would you ever challenge yourself by not playing an action hero?

That's like asking Hugh Grant if he wants to do what I do. You've got to match man with material. I feel that I'm better at this than I would be at playing a lawyer. Everyone's got a strength [and] maybe you should stick with that.

Does it get easier playing similar sorts of characters?

It's never comfortable, you have to make a convincing job of the character. It's not like you can just turn up and it just happens. You still have to emote a little bit. You have to try to put yourself in there. It depends at what level that emotion is and that's based on the writing and (the direction). So the fact that Lee Christmas (The Expendables) can



Jason Statham stars as tough guy Luke Wright in *Safe*, which opens next Friday. HANDOUT

beat five guys up and so can Frank Martin (*The Transporter*), doesn't make them the same... They've got a certain skill-set that will make you think on the surface that they're the same person, but they're not. One's called Frank, one's called Lee.

What was it like working with Hollywood's biggest action actors on *The Expendables*?

It was a great day for me; I kept the call sheet because I was a part of the biggest names in action movies of the last God knows how many years. I was in great company. Sylvester Stallone is someone I have such high regard for; he's a real inspiration. To be under the wing of that man is a privilege.

Do you still do your own stunts?

Yes, I'm still stupid. I'm still getting my money's worth. I like doing it.

EMMA E. FORREST, METRO WORLD NEWS IN LONDON

Alison Brie shares her tricks for being Blunt

The Five-Year Engagement. Actress had to 'stalk' Emily Blunt to learn her mannerisms, speaking patterns for the role of Blunt's sister

NED EHRBAR

Metro World News in Hollywood

Alison Brie, familiar to fans of TV's *Community* and *Mad Men*, has been asked to do a lot of things before as an actress, but never to play British. And in the *Five-Year Engagement*, the request was a bit more specific than just play British: She had to be believable as Emily Blunt's sister. So, to prepare, Brie immersed herself in Blunt, watching everything she'd done, listening to tapes of her speaking, following her around all day — stalking, basically. Anything to nail a part, right?

Did shadowing Emily so much to get the voice right ever get weird?

It looked like I was Single White Female-ing her a lot of the time (laughs). If someone had taken a picture from across the room, it would've been weird — like her just laughing and talking, and me next to her just (staring intently), whispering what she was saying. But it didn't get weird, no. Not with Emily. Sometimes when we'd all be out, she'd have me do it. "She does a great me!" I was like, "Great..."

Were there moments when you'd say something and she'd ask, "Do I really sound



Alison Brie stars in *The Five-Year Engagement*, which opens next Friday. HANDOUT

like that?"

No, no. I think she'd more correct me, like, "I don't sound like that."

You have a standout scene toasting the happy couple — and weeping uncontrollably. How much of that was improvised?

It was very collaborative. I remember we got to set that day, and (director) Nick Stoller came up and he was like, "You know, we're not totally sold with what we have in the script for this, so whatever ideas you have, we'll all just kind of work on it today." So there's definitely a lot of different versions of

that. There's one with me dancing, doing the robot. It always involved me crying and sort of not being able to get through crying. Nick was like, "What other ways... try to make yourself stop crying!" And apparently the way that I make myself stop crying is talking in a creepy, low voice. Good to know about myself!

The supporting cast is full of NBC sitcom actors, like Chris Pratt, Mindy Kaling and Chris Parnell. Plus Emily is married to John Krasinski from *The Office*. Did you all ever gang up on Jason Segel, since his show is on CBS?

TV updates

Alison Brie has plenty of small screen work, appearing on the critically acclaimed *Mad Men*, which just launched its fifth season, and *Community*, which despite its extremely loyal fan-base is in danger of cancellation.

No! No, not at all. I think it was a ploy on his part, he kept us pretty spaced out. I didn't have any scenes with Mindy. They didn't have us all together to gang up on him.

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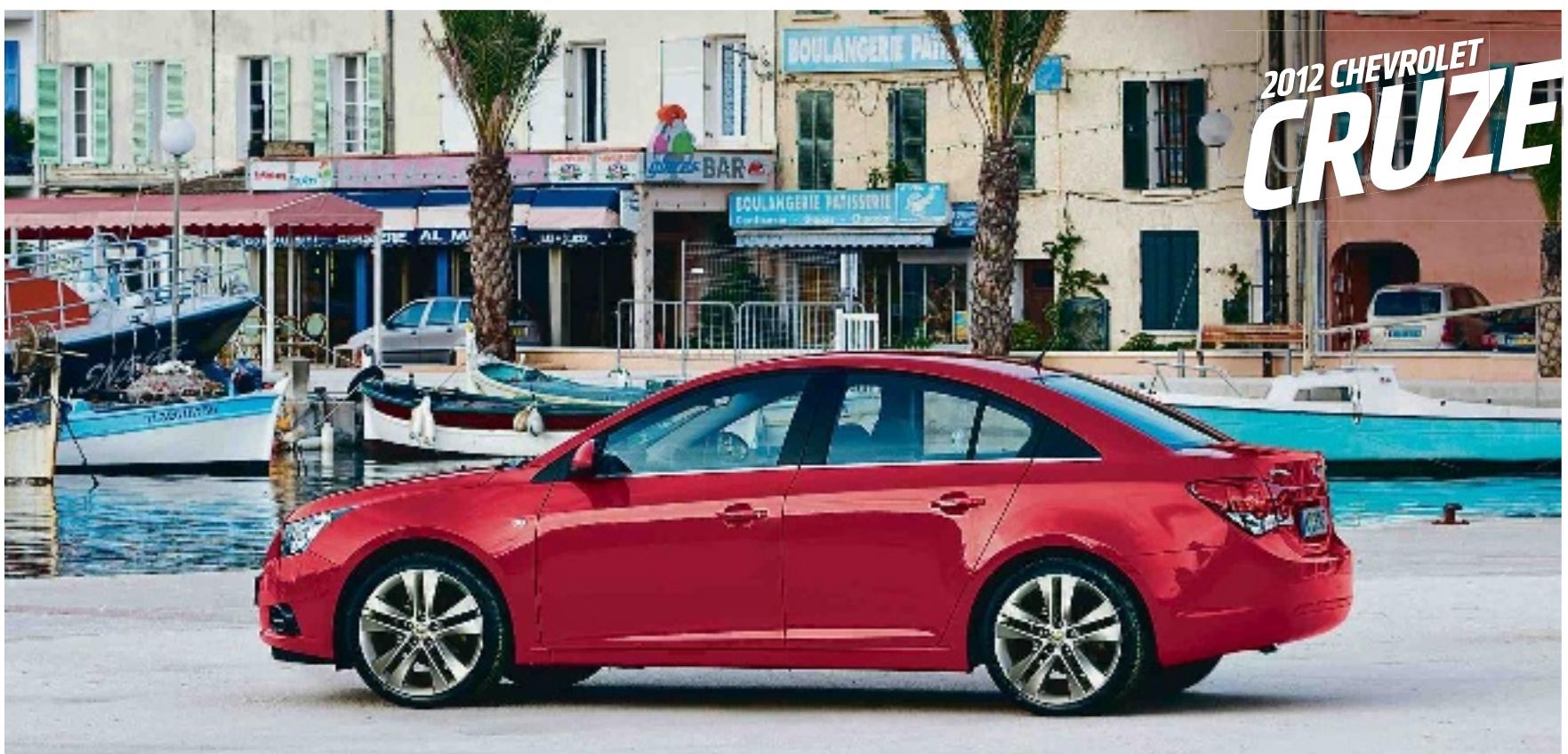
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LOOK AGAIN SPOT THE 10 DIFFERENCES IN THESE TWO IMAGES.

Madrid, Spain – Who needs a ship when you've got a Cruze? That's right; the 2012 Chevrolet Cruze is stealing all the attention, even when parked. And with best-in-class safety and best-in-class highway fuel efficiency, it sure looks like the best way to travel.



1. Changed colour of license plate right side of image 2. Removed satellite dish above the 2012 Chevrolet Cruze 3. Changed sign colour above the 2012 Chevrolet Cruze 4. Added step detail to restaurant banner 5. Added bumper to boat above the 2012 Chevrolet Cruze 6. Removed shutter top left of image 7. Added numbers to the boat left of image 8. Changed colour of canvas left of image 9. Changed "LA" to "AL" on banner above the 2012 Chevrolet Cruze 10. Extended bars on window above the 2012 Chevrolet Cruze



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Documentary



Chimpanzee

Directors. Alastair Fothergill,
Mark Linfield

Stars. Tim Allen

Led by Tim Allen as narrator, the DisneyNature documentary Chimpanzee aims to entertain young audiences with a watered-down examination of the daily life of little orphaned ape Oscar. While the footage is certainly striking, the softened story is unfortunately less telling than the behind-the-scenes outtakes played over the end credits.

STEVE GOW

Quoted

"I think that it's the story of people who are going in to experience something they're passionate about, something that is basically changing the face of our culture today... "It's not like this film is an exposé.... I think the greatest thing that's proven by the film is that there's a little geek in everybody...."

Filmmaker Morgan Spurlock about his new documentary, Comic-Con Episode IV: A Fan's Hope.

Batmobile builder gets in driver's seat in cancer fight

Fundraiser. B.C. man brings Batman's ride to Burnaby to help raise money for cancer research

PHYLLICIA TORREVILLAS
scene@metronews.ca

With the help of a B.C. man., Batman will be cruising along Gotham and fighting the bad guys in style.

Deep Cove resident Andy Smith, the designer and builder of the newest Batmobile, showed off the caped crusader's hot wheels at the Electronic Arts studios in Burnaby to help raise money for cancer research earlier this week.

Smith said the Batmobile Tumbler was driven up from California on a flatbed truck uncovered and caused quite a commotion as it passed through the border.

Smith, along with a team of engineers, created the Batmobiles that were used for Batman Begins, The Dark Knight and the soon-to-be-released The Dark Knight Rises.

"Three years ago, I had my run-in with cancer," Smith said. "I was diagnosed and the cancer agency fixed me. I thought now I've got a chance to give something back."

He said bringing the Batmobile is his way of giving thanks to the doctors and the B.C. Cancer Agency who



Andy Smith, the designer and builder of the Batmobile Tumbler featured in the Dark Knight Rises, shows off the caped crusader's wheels Tuesday at the Electronic Arts studios in Burnaby. PHYLLICIA TORREVILLAS

helped him during his fight with the disease.

"You're fit and healthy and life is rocking along and then the rug gets pulled out from underneath you and everything stops," he said. "I consider myself extremely lucky ... (and now) I'm at the other

side. I've been clear for three years."

Batman fans who donated to the B.C. Cancer Foundation scored a chance to see the Batmobile up close at the Electronic Arts studios in Burnaby.

Smith said director Christopher Nolan likes to have

realism in his films so he and his team build the Tumbler from scratch. It goes more than 175 kilometres per hour and is powered by a 350 Chevy engine.

"It does everything you see it do," he added. "We jumped it over the freeway. We blew

it up in midair and it still drove back. We've driven it over police cars and thumped it through concrete walls."

The Batmobile Tumbler will hit movie screens this summer in The Dark Knight Rises.

Cannes it get any better than this?

The lineup of the 65th Cannes Film Festival was announced Thursday, with critics watching closely. Last year's crop yielded future Oscar winners The Artist and Tree of Life.

This year's features....

Amour

Master of tension, manipulation and mutilation, Austrian Palme d'Or winner Michael Haneke returns with a tale of elderly music teachers (Jean-Louis Trintignant and Emmanuelle Riva) who suffer when the wife has a stroke. Things probably don't get better when their daughter (Isabelle Huppert) visits.

Cosmopolis

A millionaire (Pattinson) has issues in Manhattan, and we're supposed to care about him why? Because

this is from writer Don DeLillo and directed by David Cronenberg, that's why.

Killing Them Softly

Formerly known as Cogan's Trade, this heist film reteams Pitt with director Andrew Dominik, of Jesse James fame. Professional mobsters James Gandolfini and Ray Liotta costar.

Lawless

It's the Depression era, and bootlegger brothers (Tom Hardy, Shia LaBeouf) have a hard time at it, in this from The Road director John Hillcoat.

Moonrise Kingdom

Wes Anderson heads to a 1960s summer camp for his latest twee tale, starring Bruce Willis, Bill Murray, Tilda Swinton, Edward Norton, Frances McDormand and everyone else cool in



Brad Pitt stars in Killing Them Softly.

KILLINGTHEMSTOFTLY.COM

the world.

The Paperboy

By far the biggest wild card here, this is an erotic thriller starring Zac Efron and Nicole Kidman, from Lee Daniels, the director of the not-erotic Precious.

METRO WORLD NEWS

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Washed Out rides a chillwave through psychedelic hip hop



Far from washed up, Washed Out is releasing a new album.

HANDOUT

New music. Within and Without leaves behind the gritty sound of previous albums for a brand new sound

JONATHAN DONALDSON
Metro World News

Ernest Greene cites some unlikely influences for Washed Out, his mellow musical project. "At its core it's psychedelic music," says Greene, whose debut EP (2009's *Life of Leisure*), and first full-length re-

Quote

"It's more about a mood or a vibe than a modern day radio hit, which is all about being very clean and perfect sounding."

Ernest Greene

lease (2011's *Within and Without*) lit up the blogosphere and put Greene in the first class of a new micro-genre, colorfully known as chillwave (see also Neon Indian, Toro Y Moi or Memory Tapes).

Greene explains that being a hip-hop enthusiast helped him to develop a producer's ear, as he was led into sampling by the obscure disco/soul/electronic records that many of his favourite hip-hop acts were sampling. Soon he was sampling himself, creating his own musical mosaics by adding various textures to his original tracks.

While *Within and Without* leaves behind some of the grittier, more soul-flavoured elements of the Washed Out debut's quintessentially chillwave sound (imagine a cross between underground hip-hop/electronic and new wave), the album still maintains enough of the soothing melodic backdrops and indistinct, faraway vocals.

"It's more about a mood or a vibe than a modern day radio hit, which is all about being very clean and perfect sounding," he says.

Sound Check



Embrace Record Store Day



SOUND CHECK
Alan Cross
scene@metronews.ca

Every Tuesday, my mom made me come along to the big city when she took my sister for organ lessons. But bless her heart, she agreed to drop me off at a nearby shopping mall so I could wander through Sam the Record Man for an hour or so.

In retrospect, those Tuesdays were hugely important to me. I learned so much, listening to the music on the store stereo; watching what other people were buying; flipping through the stacks of LPs and 45s; eavesdropping on the clerks and customers talking about music; hearing customers argue with each other about what was good and what wasn't. It was an amazing education. I was exposed to so much new music and so many opinions about it. I've spent countless hours — not to mention a significant amount of money — in record stores in cities and towns all over the planet. And even though I now buy

a lot of music online, I still frequent record stores as much as possible because I still love the communal and cultural experience of hanging out with other music nerds.

Sadly, though, record shops of all sizes are disappearing, victims of new digital realities. That's why tomorrow — the fifth annual Record Store Day — is so important. This year's official ambassador, Iggy Pop, is encouraging everyone to discover and re-discover the joys and benefits of visiting a record store.

Record Store Day has grown into an international event with hundreds of participating stores around the globe, from Athens to Zurich. At last count, 186 Canadian stores are on board, including the two remaining Sam the Record Man stores in Belleville and Sarnia, Ontario.

As an enticement to visit, artists from Paul McCartney and the Grateful Dead to the Foo Fighters and Eddie Vedder have offered up special limited-edition releases prepared just for tomorrow. There are hundreds of Record Store Day exclusives, ranging from unreleased demos to rare mono editions to old-school picture discs. Each is destined to become instant collectors' items.

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Arrested Development is set for a return. HANDOUT

TV picks

Fringe in the future

The gang on Fringe has been hop-scotching between dimensions for years, but now they're in the future. In Friday's new episode, the team helps the Observers fight a battle in the year 2036. Earlier, new series The Finder has Walter helping a family search out a missing father — while an FBI agent seeks the same man. (Fox)

The bell rings on Ringer's first season

Ringer, starring Sarah Michelle Gellar, wraps up its freshman season Friday. The pulpy drama was shaky at first but improved toward the end of its inaugural run after embracing its soapy side. In the finale, Bridget decides to tell Andrew the truth about her identity, while Agent Machado is forced off the case. (Global)

Plenty of Sci-fi

Sci-fi fans have a rich array of options Saturday. The popular supernatural British series Being Human wraps its fourth season on Space as the heroes come between the Old Ones and global destruction. Mean-

while, Steven Spielberg's classic Close Encounters of the Third Kind airs on Turner Classic Movies followed by the 1975 cult favourite Rollerball, and IFC is broadcasting the chilling 2009 Cormac McCarthy adaptation The Road.

Want some laughs or family fare?

There are films of nearly every other genre on offer Saturday, too. Comedy fans can choose between Office Space on Teletoon and Miss Congeniality on Bravo. Those looking for family fare will find it with Diva's Night at the Museum and those in the mood for a gritty thriller might enjoy Steven Soderbergh's 1999 flick The Limey, starring Peter Fonda and Terence Stamp and airing on IFC.

Good finish for The Good Wife?

A strong year for The Good Wife nears its close with Sunday's penultimate episode. Two of the intelligent legal drama's ongoing plotlines will get plenty of screentime tonight, as Cary makes a decision about his career while Kalinda grapples with Agent Delaney's investigation. Alicia, meanwhile, represents a judge facing misconduct charges. (CBS, Global)

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'You probably know more than I do'

Television. The cast might not know it, but new Arrested Development episodes will premiere next year on Netflix

AMBER M. RAY
Metro New York

Fans long awaiting new episodes of Arrested Development will soon get their fix — and all at once.

While onstage at the National Association of Broadcasters convention on Tuesday, Netflix chief Ted Sarandos announced that all 10 episodes of the fourth season of Arrested Development will premiere together, on one day, sometime next year on the streaming website, reports Vulture.

The announcement may be news to Arrested star Tony Hale, who plays dysfunctional youngest son Buster Bluth. While promoting his

new political satire Veep in an interview on Monday, Hale told us he prefers to be blissfully unaware of details regarding the series' return.

"The bummer is you probably know more than I do," Hale said when asked for any news on the sitcom's revival, but then added, "what I do know is (production) is definitely happening this summer."

Hale said the writers are almost finished penning scripts, but that he is deliberately staying out of the loop when it comes to potential storylines.

"Here's the thing: I really don't want to hear the plotlines because the whole fun of the show was the element of surprise, where we would be doing the show and then all of a sudden we'd read a script and I'd be like, 'OK, well, in this episode my hand's coming off,'" he says, referring to Buster's infamous incident with a biting seal.

"I love that surprise, so I kind of don't want any information. I just want to be com-

pletely surprised as to what Mitch (Hurwitz, Arrested creator) has come up with."

As for that rumoured Arrested movie, "I don't know that much information but I think like anything you take it project by project," Hale says.

"I think we're all just kind of focusing on the episodes right now, and if the movie happens, it happens, that's fantastic. But I'm excited about the episodes. Everybody in the cast is just so fun; I can't wait to not be able to hold it together because I'm laughing so hard."

But returning to full-time Buster mode requires just as much work as play.

"Buster has, you know, very interesting shoes to step into," Hale says, "so I've gotta kind of get back into that mindset. It's weird. The show finished six years ago and I actually haven't — I think I've seen two episodes since it stopped. So my wife and I are kind of going to do a marathon viewing before we start shooting just so I can get back into that mindset."

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Music Festival Competitions

Ottawa Mennonite Church
St. Timothy's Presbyterian Church
City View United Church
Pleasant Park Baptist Church
Lisgar Collegiate
Glebe St. James United Church

Emmanuel United Church
Woodroffe United Church
Alta Vista Baptist Church
St. Aidan's Anglican Church
Sacred Heart High School
Kitchissippi United Church

Music Festival Highlight's Concert

May 18, 2012
Centrepointe Theatre

Advice

Tips for making an alluring online dating profile

- "Rule No. 1: What you post is what you get. Less is more. Don't give too much information away, just as in real life. You have seconds to sell yourself. You want to demonstrate who you are without sounding too vanilla. Be vanilla with just a hint of cayenne!"
 - "Keep some mystery to
- your profile. Be flirty. Keep them guessing, and make them curious, so they will want to learn more about you.
- "Photos are important. We are all visual creatures, but three to five photos are enough, including one headshot, one or two body shots and a couple of you having fun. You want to show your personality, not your narcissism."

Boot camp for singles

Reality TV. Steve and JoAnn Ward correct dating no-nos on VH1's *Tough Love*

HEIDI
PATALANO
Metro New York

No one ever said dating was easy, but there are quite a few

people in the world who are particularly challenged when it comes to landing a mate.

Whether too eager to settle for less or too picky about their dating prospects, there are a host of reasons why some ladies are chronically single. But for those women, Steve and JoAnn Ward come to the rescue. In the fourth season of their incredibly successful reality show, *Tough Love*, the Wards take some

particularly troubled cases to boot camp in order to help them change their dating ways. We asked JoAnn about how they make love happen.

What do you find to be the most annoying common mistakes that women make on a first date?

Comparing their date to their ex, talking too much about anything. Talk, talk, talk, talk ... stop talking! Listen to learn. (When they are) negative about anything. Always be positive. (When they) have too much to drink. Two, at the most three, glasses of wine are plenty — any more and you risk losing control.

What did you want to change from last season to this season?

We really focused on carefully casting this season to bring a blend of women into the mix that have a range of life experience: single moms, divorced women and a few others that surprised us.

We felt it would also give an interesting perspective

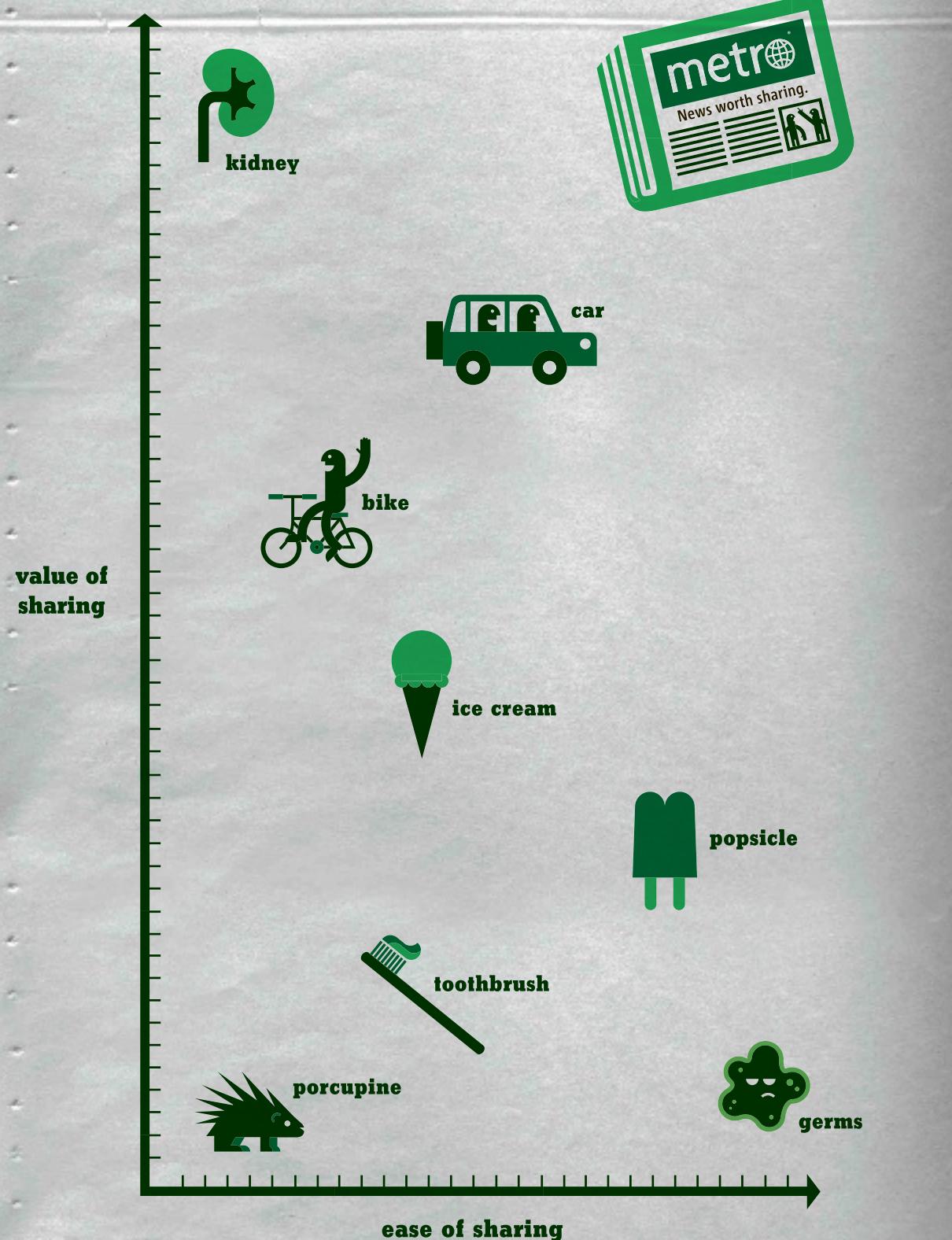
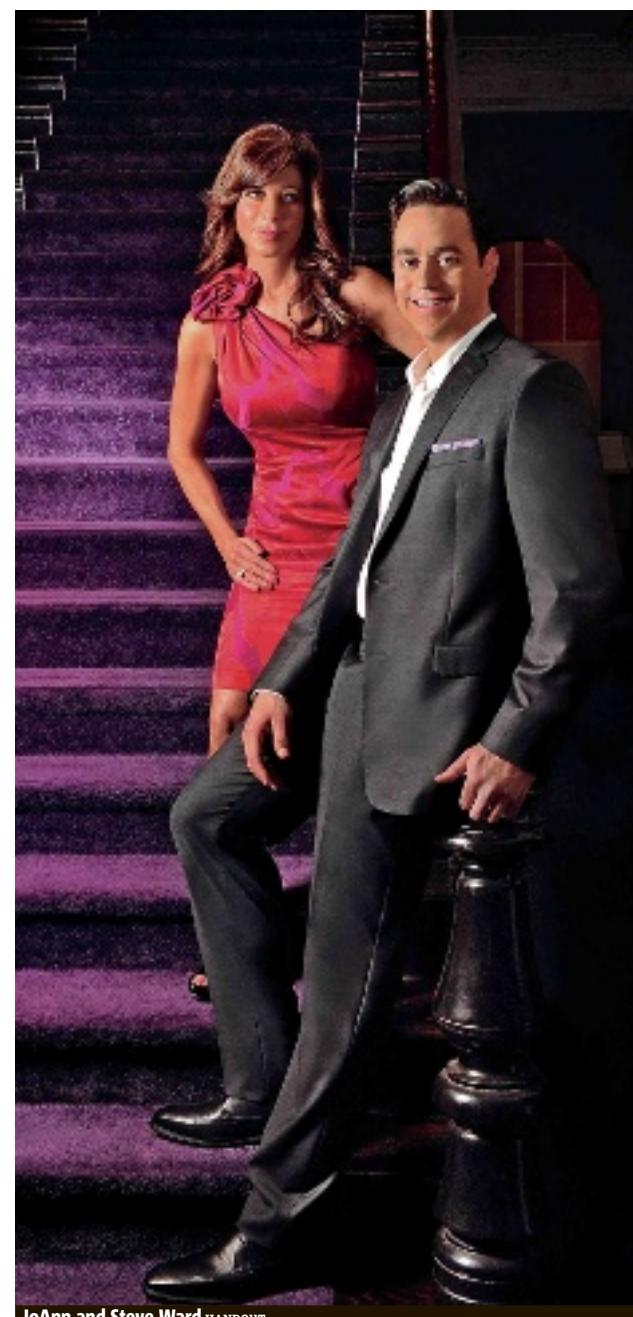
having women of all ages — from the mid-20s through 40s — living together.

We hoped that doing this would make the ladies more at ease in getting them to open up more to each other sooner, and it worked.

Do you feel that the women on the show this season represent the archetypes of single women? As if to say, if you're a single woman, your problem is likely one of the issues these women have?

I believe women will have shared similar life experiences as this cast and certainly will see a little bit of themselves in this season.

We get very deep with the women and the experiences they have during their time with us on VH1's *Tough Love: New Orleans*. It plays out on camera, and it even extends beyond. I deeply care for these girls, both past and present, and continue to work with them far after the show airs, offering advice and guidance.



3

LIFE

Superfood

Tamarind

Tamarind pulp is eaten to promote good digestion and is a high source of fibre. It contains high levels of vitamin C for a strong immune system, helping ward off colds and suppressing fever.

The fruit pulp is also a great source of antioxidants, a natural defence against cancer.

Further more, it's a great way of getting more potassium and magnesium in your system.

ROMINA MCGUINNESS / METRO WORLD NEWS

Liquid Assets**What's beef without the perfect wine?**

LIQUID ASSETS
Peter Rockwell
@therewineguy
peterrockwell@eastlink.ca

Hamburgers seem to be making a comeback, and I'm not talking about the fast food variety.

The gourmet burger scene is red hot with the population of ultra premium joints exploding across the country.

What differentiates them from the average patty flipper is the originality of their output (Kobe beef anyone?) and the, ahem, higher prices.

My home versions are a tad more pedestrian. Even I can make a decent attempt from scratch, and the surprisingly pleasant weather has got me firing up the barbecue earlier than usual.

Some might argue that wasting anything above a simple table wine on a hamburger is just shy of sacrilegious. With most of us lathering our meat with cheese and a cornucopia of condiments, the flavour profile of a standard backyard creation is anything but typical.

A mid-priced merlot is a classic grilling mate with California's Woodbridge

2010 Merlot (\$12.95 - \$14.99) a ripe, relaxed red offering up plum and black berry fruit with soft tannins that will prove accommodating no matter what you put between your buns. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**



This recipe makes six servings. THE CANADIAN PRESS H/O

Fast-food-inspired beef bites for all tastes

Cheeseburger Mini Meat Loaves

Kids will love the flavour and adults will love how quickly they can be prepared for dinner

The fast-food flavours of this recipe will whet any kid's palate, and adults will appreciate how fast the mini loaves cook compared to regular meat loaf.

For a wholesome meal that is ready when you are, make them ahead and freeze some mini meat

loaves.

Wrap each cooled meat loaf separately in plastic wrap or foil, then freeze for up to three months.

When you're ready to serve them, thaw the meat and heat them in the microwave in just minutes.

1. In bowl, combine beef, egg, 125 ml (1/2 cup) of the cheese, onion, bread crumbs, relish, mustard, salt and pepper. Mix lightly but thoroughly to blend.

2. Lightly spray 12 muffin or custard cups with cooking spray. Divide beef mixture among cups; make in-

dentation in centre of each with the back of a spoon.

3. Fill each with ketchup, dividing amount evenly among cups. Sprinkle each with remaining cheese, dividing equally.

4. Bake in a 190 C (375 F) oven for 25 to 30 minutes or until a digital rapid-read thermometer inserted into meat portion of each reads 71 C (160 F).

THE CANADIAN PRESS / CANADA BEEF, BEEFINFO.ORG / THIS RECIPE WAS ADAPTED BY EMILY RICHARDS, FOR METRO ENGLISH CANADA. EMILY IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEB-

RITY CHEF. FOR MORE, VISIT EMI-LYRICHARDSCOOKS.CA

Ingredients

- 750 g (1 1/2 lb) extra lean or lean ground round, chuck or sirloin
- 1 egg, beaten
- 250 ml (1 cup) shredded cheddar cheese
- 1 small finely shredded onion
- 50 ml (1/4 cup) dry bread crumbs
- 30 ml (2 tbsp) each burger relish and prepared mustard
- 1 ml (1/4 tsp) each salt and pepper
- 125 ml (1/2 cup) ketchup

Ingredients

- 500 g (1 lb) lean/extra lean ground beef sirloin
- 50 ml (1/4 cup) wheat germ
- 2 green onions, thinly sliced
- 30 ml (2 tbsp) sodium reduced soy sauce
- 15 ml (1 tbsp) finely grated fresh ginger
- 1 egg, lightly beaten
- 1 ml (1/4 tsp) pepper
- Speedy Slaw**
- 50 ml (1/4 cup) rice vinegar
- 50 ml (1/4 cup) granulated sugar

- 4.** **Speedy Slaw:** In a bowl, whisk together vinegar, sugar, vegetable oil, Dijon and sesame oil. Toss with salad mix, green onion, snow peas, water chestnuts and peanuts. **THE CANADIAN PRESS / CANADA BEEF, BEEFINFO.ORG / ADAPTED BY EMILY RICHARDS (FOR MORE, PLEASE VISIT EMI-LYRICHARDSCOOKS.CA)**

Asian Meatballs. Serve these yummy eats with a crunchy Speedy Slaw



This recipe makes seven servings. THE CANADIAN PRESS H/O

1. In a bowl, lightly combine beef, wheat germ, onions, soy sauce, ginger root, egg and pepper. Gently form into about 30 meatballs (each about 2.5 cm/1 inch in diameter).

2. Bake on a lightly oiled, foil-lined baking tray in a 200 C (400 F) oven for 10 to 15 minutes or until a digital rapid-read thermometer inserted into centre of several meatballs reads 71 C (160 F).

3. Thread 3 meatballs on each skewer and serve with slaw.

- 30 ml (2 tbsp) vegetable oil
- 7 ml (1 1/2 tsp) Dijon mustard
- 5 ml (1 tsp) sesame oil
- Half a bag (454-ml/16-oz size) coleslaw salad mix
- 1 green onion, sliced
- 125 ml (1/2 cup) snow peas, halved lengthwise
- 125 ml (1/2 cup) canned sliced water chestnuts (drained and halved)
- 125 ml (1/2 cup) roasted shelled peanuts

nuts and peanuts. **THE CANADIAN PRESS / CANADA BEEF, BEEFINFO.ORG / ADAPTED BY EMILY RICHARDS (FOR MORE, PLEASE VISIT EMI-LYRICHARDSCOOKS.CA)**

On the web

Cook fiddleheads properly to avoid illness: Health Canada

KEEN BEING GREEN

SHOPPING CHOICES ARE A GOOD WAY TO SEND A MESSAGE

Pro-sumers are the new environmentally friendly consumer, says Keith Treffry, director of communications, Earth Day Canada.

Treffry defines a "pro-sum" as someone who is environmentally proactive and aware when they shop.

"The goal is to make informed decisions and to purchase items that have the least impact on the environment — if a purchase is made at all."

Here are the types of questions prosumers ask when weighing their buying decisions.

- Do I need this or just want it? "Err more on the side of really needing things instead of just wanting things," says Treffry.

- Can I make do with what I already have at home? While resisting peer pressure can be tough, try not to be pressured into buying the latest product. It's likely that by the time you buy it, a newer, slightly modified version will be out.

- How will this purchase impact the environment? One big consideration is packaging. Avoid overpackaged goods or leave packaging behind to send a message to the retailer and manufacturer.



ISTOCKPHOTO/THINKSTOCK

- How green is the product in terms of its manufacture? Do some research and find out what the reputation of the manufacturer is in terms of environmental record and corporate social responsibility.
- Once you are finished with the product, how long will it take for it to be reintegrated into the Earth, or is that even possible?

Remember that recycling should be the last resort. First, think about reducing and then reusing.

WHAT YOU DON'T BUY ALSO COUNTS

The consumer products that Keith Treffry at Earth Day Canada doesn't buy sends just as big a message as what he does buy.

- Has a small, high-efficiency air conditioner, but relies most on natural cooling methods in the summer — shutting blinds and curtains during the day and opening windows at night.

- Bought a push mower instead of gas- or electric-powered.
- Shares tools and ladders with neighbours — "rather than each one of us buying our own."
- Shares a car with his ex-wife (whoever has the kids gets the car).
- He doesn't drive to work — bikes all year round.

HEALTHY BEAUTY FOR *Life*:

HELPING PARENTS AND TEENS CHOOSE COSMETICS FOR A HEALTHY BODY AND A HEALTHY PLANET

Come visit the Sierra Club Canada Foundation booth at the Ottawa Eco Expo, April 21-22nd! We will be selling Healthy Beauty for Life cosmetic kits and giving out information on choosing safe cosmetics for you and your teens! The kits contain samples, pamphlets, coupons, and full-sized products from our sponsor companies: All Natural Cosmetics, Apple & Bee, Bare Organics, Ecco Bella, EcoTools, Ella's Botanicals, Dr. Hauschka Skin Care, Lauren Brooke Cosmetiques, Lilou Organics, Montagne Jeunesse, North American Hemp Company, Revolution Organics, Weleda, and Zosimos Botanicals.



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GREEN FROM THE GET-GO



STEAM WHISTLE BREWING PHOTO

STEAM WHISTLE MAKING A DIFFERENCE

From the very beginning, Steam Whistle Brewing had a “green” vision, and

today “our difference as a brewery is our culture of working to do the right

thing by being good to the environment and the community,” says Sybil Taylor, the brewery’s first employee and founder of the environmental committee.

The brewery, including a retail outlet, tour facility and special events rooms, is housed in the historic CPR John Street Roundhouse near the CN Tower in Toronto.

The Roundhouse was a steam locomotive repair facility in the early 1900s.

Starting with the beer itself, the “Good Beer Folks” are true to their word: Steam Whistle Pilsner is made with pure spring water and GMO-free malted barley, hops and yeast. Its unique green glass bottle can be refilled up to 45 times — compared to 12 to 15 times for a standard brown bottle.

The painted “label” on the bottle saves trees and eliminates glue and inks from the process, says Taylor.

Taylor talks about their ethos: “It is possible to run a business that is concerned with more than just the bottom line. People and the planet factor into the brewery’s decisions, too.”

Other green initiatives and policies include:

- The brewery uses clean renewable electricity from Bullfrog Power.

CHEERS FOR STEAM WHISTLE

Steam Whistle Brewing has been recognized for its environmental efforts:

- Canada’s Greenest Companies 2010
- Green Living’s Excellence in Corporate Responsibility Award 2011
- Minister’s Award for Environmental Excellence 2011

• Steam Whistle cools the building in the summer with a process that draws cold water from deep in Lake Ontario and pipes it throughout the facility.

• The state-of-the-art Brewhouse recirculates steam-heated water for other uses — reducing waste water output and energy requirements.

• 94.2 per cent of waste is diverted, including donating or composting any edible food waste, shipping spent grain to farmers for cattle feed, and recycling all plastic, aluminum, cardboard, broken glass and bottle caps used in packaging.

• Biofuel from recycled restaurant oil is used to power the truck fleet.

- Steam Whistle supports and partners with sustainable organizations and events.

WHAT'S GREEN, DELICIOUS AND GOOD FOR YOU?

ECO EXPO: OTTAWA HEALTHY LIVING SHOW

It's ECO EXPO, the Ottawa Healthy Living Show on Earth Day weekend, April 21-22, from 10 a.m. to 4 p.m. This is three great shows in one: An eco festival, a health and wellness show, and a local food fair.

Join more than 100 local organizations and businesses as they showcase their products and services related to going green, eating local and being healthy. Enjoy food tastings, massage treatments, demonstrations and more. See the new electric Nissan Leaf. Learn how to build green. Bring your electronic waste to our E-Waste Collection Depot.

ECO EXPO provides an opportunity to find the healthy alternatives you need — everything from natural cleaning for the home to organic gardening, eco-friendly clothing to natural body care, gluten-free baking to holistic therapies and so much more.

Each day will feature a series of informative workshops and presentations. If “information is power” then you will be feeling the power at ECO EXPO. Learn about finding health and balance in your life, how to take environmental action in our community and the importance of wholesome food. New

this year is the Children’s Fun Zone, with family yoga, storytelling and other interactive activities. There’s something for everyone to enjoy.

ECO EXPO is centrally located at the RA Centre, 2451 Riverside Dr. (between Bank and Bronson). It is close to the Billings Bridge OC Transpo station and offers free parking.

Come early. The first 250 people each day will receive a free gift bag containing product samples and a copy of the Ottawa Healthy Living Guide, which contains more than \$1,400 worth of discounts at local businesses.

Admission is by donation. As you arrive, you will be asked to choose from three worthy charities. Money collected will be donated according to our attendees’ input ... what a great concept! At last year’s ECO EXPO we raised \$2,400 for charity.

ECO EXPO is a celebration of Earth Day in the Nation’s Capital. Recognized across Canada and around the world by millions of people, Earth Day has become a powerful catalyst for change. Think global and act local!

For more information, please visit ecoexpo.ca.



ECO EXPO PHOTO



Fish aren't infinite.

That's why Loblaw has made a commitment to source 100% sustainable seafood by the end of 2013. WWF-Canada salutes Loblaw for their industry-leading commitment. Working with WWF-Canada and the Marine Stewardship Council (MSC), this pledge will have an immense positive impact on ocean conservation. Choose and demand sustainable seafood.



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WHO'S LAUGHING NOW

OILSEED WORKS WINS 2011 EARTH DAY SMALL BUSINESS AWARD

They all laughed at Christopher Columbus, goes the song. Greg Herriott got the same reaction in the early '90s when he first tried peddling hemp as food.

It's because of the cannabis connection, explains Herriott, whose company, Oilseed Works, won the Earth Day Canada 2011 Small Business Award.

Initially, Herriott wasn't interested in creating a company to sell hemp. He only wanted to create a marketing campaign to show-

case his graphic design firm's abilities. When a close friend living in Oregon sent him info about industrial hempseed oil, he recognized its promotional aspects immediately.

But further research revealed so many environmental and health benefits that Herriott thought he might be on to something. The "ad campaign" generated such a positive response, he filed trademark applications, tried cold-pressing the hempseed oil, and shopped it around.

That's when some people laughed, though others

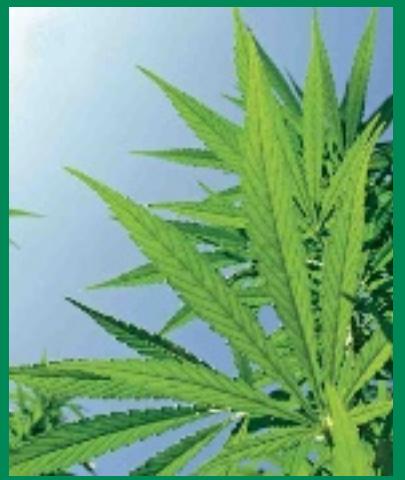
were intrigued, Herriott says. Hemp oil's health benefits — an 82 per cent concentrate of essential fatty acids including omega-3 and naturally occurring antioxidants — were virtually unknown.

Herriott and his wife eventually purchased a 50-acre farm north of Barrie, Ont., and launched Oilseed Works (hempola.com), which creates products made from non-genetically modified oilseeds.

That same year, 1999, they developed a line of salad dressings, working with Daniel & Daniel, and experimented with turning hemp into flour for baking. A byproduct of the oil is a pellet-formed seed cake, which can be turned into dense 40 per cent protein flour, ideal for heavy breads. Being gluten free, it's also suitable for wheat allergies.

Hemp flour and protein powder were catching on and others started to produce it. Since flour couldn't be made without cold-pressing oil, it left the Herriots with an oil overstock. They knew from research, though, that biodiesel could be made from hemp. Produced in 100-litre batches, the fuel ran all the farm's machinery.

The bigger environmental potential prompted the Herriots to create



ISTOCKPHOTO/THINKSTOCK

MIRACLE FOOD

Inexpensive to cultivate and drought tolerant, hemp is ideal for poor arid climates.

- 1,000 acres of hemp yields 300 tonnes of flour or enough bread to provide 2,000 calories per day to nearly 2,000 people.
- It also yields 130,000 litres of oil — eight times what is required to grow the new crop.
- It doesn't usually require irrigation or conventional fertilizers, leaves nutrients behind in the field, and yields two to three harvests per year.

Flour Power, a method of growing hemp and converting it to flour and carbon neutral biofuel.

Generating interest in Ontario is slow going, but they figure it will eventually catch on. "Especially in developing nations," he adds, "where the benefits would be vast."

— Alex Newman

**"CHIMPANZEE" IS NOT ONLY THE BEST NATURE FILM EVER MADE,
IT'S SIMPLY ONE OF THE BEST MOVIES OF THE YEAR."**

Tara McNamara, FANDAGO

DisneyNature chimpanzee

NARRATED BY TIM ALLEN

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EVERYTHING UNDER THE RAINBOW

RAINBOW NATURAL FOODS HAS ALL YOUR ECO-FRIENDLY NEEDS

Rainbow Natural Foods was opened by Janet and Michael Kaplan in 1978 as a very small space with a few bulk bins, cheese cut to order, and two shelves of vitamins.

From these humble beginnings, Rainbow Foods has grown and added more and more space over the years. Janet and Michael are still active owners and oversee one of the widest selections of healthy products under one roof in Ottawa.

Rainbow Foods is now completing its most extensive renovation to date. The store boasts an incredible range of products, including supplements and sports nutrition, natural body care, organic produce and groceries, bakery and takeout, dairy and cheese, frozen goods, bulk foods and spices, cleaning products, pet foods and appliances. Rainbow Foods is a destination for many Ottawa shoppers because of its large variety of gluten free and other alternative food choices.



RAINBOW NATURAL FOODS PHOTO

Rainbow Foods has always supported a natural and Earth-friendly lifestyle. A "bring-your-own bag" campaign some years ago evolved into a plastic bag-free store. Customers who forget

their reusable bags or bins are offered a recycled box in which to tote away their purchases.

Rainbow Foods' recent "Meatless Monday" campaign offered a weekly

APRIL SAVINGS

Rainbow Foods is offering 15 per cent off all environmentally friendly cleaners for the rest of April.

meat-free recipe for 52 weeks and many of these recipes are posted on its website. Eating a plant-based diet is the best thing we can do to lower our impact on the environment and reduce greenhouse gas emissions. The UN Food and Agriculture Organization reports that livestock production is responsible for 18 per cent of global greenhouse gas emissions — more than any other sector, including transport.

Rainbow Foods has always celebrated Earth Day by donating five per cent of its sales on April 22 to environmental and conservation causes. This year, a donation will be going to Ottawa Riverkeepers, Friends of the Experimental Farm, Canadian Organic Growers and the David Suzuki Foundation.

Visit Rainbow Foods' booth at the upcoming ECO EXPO at the RA Centre on April 21-22 and at Veg Fest at the Glebe Community Centre on April 29.



TAKE IT UP FOR EARTH DAY

Organizers of Earth Day Canada ([earthday.ca](#)) are asking Canadians to help create a healthier planet by making changes to their most basic daily habits.

This year's "Take It Up" Earth Day campaign is aimed at getting people to reduce their environmental footprint — by eating and preparing plant-based foods at home, drinking tap (not bottled) water, detoxing their personal care routine, and taking part in more outdoor activities (such as biking or walking instead of driving).

"We know that beyond air, food and water quality, the types of products we use on a daily basis, as well as how much time we spend outdoors, can have substantial effects on our health and the environment," says Jed Goldberg, president of Earth Day Canada.

"The actions in this campaign help people learn more about the environmental and health impacts of the decisions they make and encourage them to adopt behaviours that will improve the health of their families and communities."

For all the ways (and lots of other great information), you can "Take It Up For Earth Day," visit [earthday.ca/takeitup/](#).

If you have kids at home, direct them to Earth Day Canada's "Act for the Planet" program ([ecokids.ca/pub/take_action/cam-](#)



ISTOCKPHOTO/THINKSTOCK

paigns/act_for_the_planet/index.cfm). "Children are often the strongest, most influential advocates for living an environmentally responsible life," says Goldberg. "Act for the Planet provides them with an opportunity to show that the choices they make are equally as important as those made by adults."

Kids from junior kindergarten age to eight years old can pledge to better protect birds, grow plants at home (and clean the air), start drinking tap water in refillable bottles, up-cycle recycling, or create their own environmentally friendly action.

— Ylva Van Buuren

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Introducing the **NEW** Brita[®] Bottle with a filter inside.



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as many as 300 water bottles***

*Standard 500 mL bottle

SMART WATER CHOICE HELPS THE PLANET

DROP THOSE DISPOSABLE WATER BOTTLES FOR GOOD

Making a green resolution this Earth Day? How about giving up disposable water bottles for good? Not only will your wallet thank you, but using fewer water bottles also does the Earth good.

Start to finish, there are several environmental-related issues related to these disposables,

notes Jed Goldberg, president of Toronto-based Earth Day Canada.

"On the environmental side, the bottles themselves are made from oil so there's an issue regarding fossil fuel use," says Goldberg.

THE GOOD NEWS

- Canadians are drinking less bottled water. Statistics Canada reports that in 2009, 24 per cent of households drank bottled water as their primary source of water. That was down 30 per cent from 2007.

tremendous amount of energy and then the transportation of it."

The industry also uses an estimated three litres of water to produce one litre of bottled water, and there is a lot of energy that goes into the processing of the water, adds Jode Roberts, spokesperson for the Vancouver-based David Suzuki Foundation.

—Astrid Van Den Broek

NHL

Referee comments cost Quenneville

The NHL fined Chicago Blackhawks coach Joel Quenneville \$10,000 on Thursday for criticizing officials for not penalizing Phoenix forward Raffi Torres' late hit on Marian Hossa.

THE ASSOCIATED PRESS

NFL

Luck to be Colts No. 1 pick: Source

A person speaking on condition of anonymity with direct knowledge of the situation said Thursday that the Colts have notified quarterback Andrew Luck that they plan to take him with the No. 1 pick in next week's NFL draft, barring some unforeseen



Andrew Luck with Stanford last season. CHRISTIAN PETERSEN/GETTY IMAGES

event between now and then.

THE ASSOCIATED PRESS

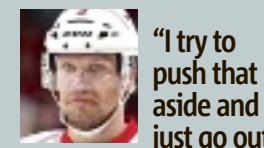
Baseball

Minor-leaguers banned for PEDs

St. Louis Cardinals minor-league pitcher Jose Pasen and Miami Marlins minor-league infielder Jaime Ortiz were given 50-game bans Thursday for testing positive for performance-enhancing drugs.

THE ASSOCIATED PRESS

NHL



"I try to push that aside and just go out and try to play a real solid game and come out with a win."

Detroit defenceman Nicklas Lidstrom on the possibility of Game 5 being his last game before retirement.



SPORTS

Quoted

"When our kids see this beautiful game where the idea is to injure someone, or to escalate the level of conflict every time the play stops, it's just not the way we raise our children."

Governor General David Johnston, who said Thursday that violence during the NHL playoffs is anti-Canadian and sets a worrisome example for children aspiring to be hockey players.

On the web



Hall of famer Larry Brown is dusting off his clipboard to take another kick at the coaching can. The 71-year-old was hired Thursday at SMU, a struggling NCAA basketball program that is headed to the Big East after next season. Scan the code for the story.

Role-ing with the punches

NHL. Role players Carkner, Konopka stepping up vs. Rangers

The Stanley Cup playoffs are all about opportunity.

Matt Carkner and Zenon Konopka are taking full advantage as the Ottawa Senators find themselves tied 2-2 in their first-round series with the New York Rangers.

Much of the credit can be attributed to their bruising duo.

Carkner and Konopka were inserted into the lineup following a Game 1 loss where the Senators were pushed around at times.

"Those guys are real hard-nosed guys, their game is built for the playoffs," said Senators centre Jason Spezza. "This is really a dogfight of a series where it's not really pretty hockey out there, it's just workman-like and those two guys, it suits their game and so they've both come in and made a big impact."

Carkner went after Rangers

Quoted

"They came into the lineup and they're ready to play and I think that's a great compliment to them."

Senators coach Paul MacLean on Matt Carkner and Zenon Konopka.

Alfredsson active

Daniel Alfredsson remains day-to-day, but Paul MacLean said the Senators captain has been working out and could skate with the team Friday.

- Still, there remains no timetable for his return.

how to deal with that, learn how to get over that. The good thing is we had a great group of guys in here helping me out with that. It's a tough situation to be in, but I tried to be positive."

Despite playing 250 NHL games Konopka, had yet to take part in playoff action. He finished third in the league with 193 penalty minutes this season and has often been viewed as one-dimensional.

But he brings energy and it was for that reason that the 31-year-old saw playing time on the top unit with Spezza and Milan Michalek in Game 4.

Konopka prides himself on his work ethic and is making sure to enjoy this opportunity.

"You always want to be in the lineup," he said. "It's awesome playing and contributing and I always say there's no better feeling than winning in the playoffs. It doesn't matter what sport you're playing or what level you're playing, it's an unbelievable, awesome high and hopefully we get that feeling again Saturday."

THE CANADIAN PRESS

By the numbers

0

The Senators haven't skated with the lead through four games against the Rangers, but remain tied 2-2 heading into Game 5 on Saturday at Madison Square Garden. The only times Ottawa have led were at the end of Games 2 and 4 after they scored in overtime.



Zenon Konopka says he is enjoying the "awesome high" of playoff success in Ottawa. JAMIE SABAU/GETTY IMAGES FILE



Senators defenceman Matt Carkner makes a pass in Game 4 at Scotiabank Place on Wednesday. RICHARD WOLOWICZ/GETTY IMAGES FILE

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Crossword

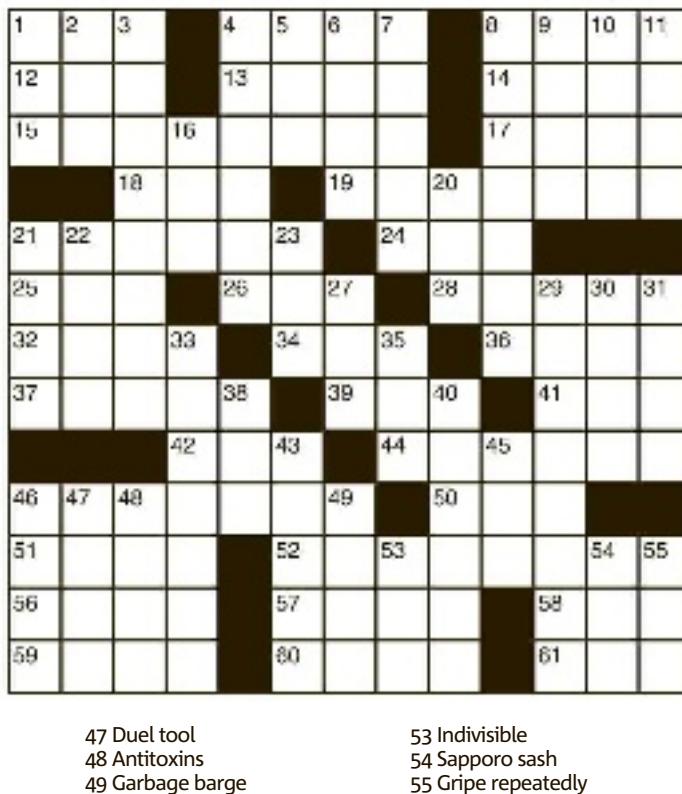
Across

- 1 Tummy muscles
 4 Not up yet
 8 Conceal in the hand
 12 Attack dog's command
 13 Approach
 14 Largest of the seven
 15 "The Departed" director
 17 Gets stuck
 18 Tier
 19 Convict's dreams
 21 Pele's game
 24 Bottom line
 25 Blond shade
 26 Bad hairpiece
 28 Turkish official
 32 Mirth
 34 "1 vs. 100" group
 36 Wound cover
 37 Heart line?
 39 Homer's interjection
 41 Raw rock
 42 With it
 44 Keg
 46 Additionally
 50 Stannum
 51 Oil acronym
 52 Venomous arachnid
 56 Mrs. Zeus
 57 Color quality
 58 Cagers' grp.
 59 Authentic

60 Due
 61 Show-biz job

Down

- 1 Balaam's mount
 2 Pen name
 3 Really hot day
 4 Question, on "Jeopardy!"
 5 Quilters' get-together
 6 Relaxation
 7 Gown
 8 Sleepover raiments
 9 Now, in a memo
 10 Rickey flavor
 11 Sunday service
 16 Sinbad's bird
 20 Golfer's target
 21 "The Forsyte —"
 22 Scandinavian city
 23 Pirates' quaff
 27 Pantheon member
 29 Disdiful treatment
 30 Aesopian also-ran
 31 First victim
 33 Moral
 35 Go up and down
 38 Succor
 40 Odium
 43 Trattoria sauce
 45 Wardrobe malfunction
 46 Physicist Niels



- 47 Duel tool
 48 Antitoxins
 49 Garbage barge

- 53 Indivisible
 54 Sapporo sash
 55 Gripe repeatedly

Yesterday's Crossword



Cryptoquip

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

WN CKT NWLQOC IGKS TS
 R K Z Q B N E Q A - P W L L Q A
 T B L P W Q R , K L Q I K T O P R B C
 E G B E C K T Z W L I Q Z W L E R .
 Yesterday's Cryptoquip: FLICK ABOUT A GIFTED GECKO WHO GROWS UP TO BE A WHIZ-BANG CARPENTER: "THE LIZARD OF SAWs."

Today's Cryptoquip Clue: C equals Y

How to play



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

♈ Aries | March 21 - April 20.

With mind planet Mercury in your sign forming a less than helpful link to your ruler Mars, there's a danger you'll miss something important.

♉ Taurus | April 21 - May 21.

You need to plan ahead and know what you intend to do. Then and only then should you take action.

♊ Gemini | May 22 - June 20.

Financial matters will generally go well today but that is not an invitation to take unnecessary risks.

♋ Cancer | June 21 - July 22.

Someone whose power far exceeds your own will make life difficult for you today. If you stay calm and refuse to be intimidated, you'll be OK.

♌ Leo | July 23 - Aug. 22.

Just because someone is not very good at expressing him or herself does not mean he or she has nothing to say. Bear that in mind today.

♍ Virgo | Aug. 23 - Sept. 22.

Today's Mars-Mercury link suggests what you think is going on bears no relation to what is really going on.

♎ Libra | Sept. 23 - Oct. 22.

You can't take the credit when things go right but deny it's your fault when things go wrong.

♏ Scorpio | Oct. 23 - Nov. 21.

It's quite likely that someone is trying to confuse you by feeding you information that points you in several directions at once.

♐ Sagittarius | Nov. 22 - Dec.

21. Like it or not, it is now your responsibility to deal with a situation that everyone else has tried to resolve but failed.

♑ Capricorn | Dec. 22 - Jan. 20.

No amount of reasoned argument will get you to change your point of view. Let friends know that.

♒ Aquarius | Jan. 21 - Feb. 18.

It's unlikely you'll see eye-to-eye with people in authority today. Don't start a war over everything you know.

♓ Pisces | Feb. 19 - March 20.

There is something going on but you can't put your finger on what it is. Try not to chase it so hard. It'll come to you. **SALLY BROMPTON**



Caption Contest

"Note to my groomer: Stop using Axe shower gel!"
 Marion

KIRSTY WIGGLESWORTH / THE ASSOCIATED PRESS

Yesterday's Sudoku

1	3	5	4	9	2	8	6	7
8	9	4	3	6	7	5	2	1
2	7	8	1	8	5	4	9	3
6	2	8	6	1	4	7	3	5
3	5	7	6	2	8	9	1	4
8	4	1	5	7	3	6	8	2
4	1	2	8	5	6	3	7	9
7	6	3	2	4	9	1	5	8
5	8	9	7	3	1	2	4	6

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Sudoku

			7					
2	4	7		5	8	1		
8	6					4	5	
						3	1	9
						2		
						8	4	6
7	1						8	9
4	6	9		2	3	7		

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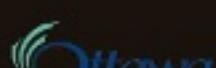
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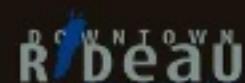
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